

SFCA Provider Bulletin

News & Notes for Southwest Family Care Alliance Providers

October 19, 2009



INFLUENZA: Are You Prepared?

Influenza activity increased in Wisconsin in early September and has remained elevated in most areas of the state compared to what is normally seen at this time of year. Southwest Family Care Alliance (SFCA) encourages you to think ahead and plan for the possible effects of influenza on your business. How will you ensure that SFCA members are still able to receive care and services in the event that you or your employees are ill? This bulletin lists some helpful resources to assist you in responding to the flu pandemic.

For specific member issues, please contact the care management team for that member.

Key items to remember:

- **Plan Ahead** – have your “Plan B” ready
- **Stay Healthy** – practice good preventive health
- **Keep Informed** – know what is happening in your area
- **Act Quickly** – take appropriate steps immediately when illness occurs

RESIDENTIAL PROVIDERS: Special Concerns

Residential providers such as adult family homes, CBRFs, and RCACs have special concerns in relation to the influenza pandemic. Now is the time to consider what may happen in your community and your facility, and how you will ensure that you have adequate staff or resources to care for your members. Here are some things to think about and include in your plan:

- What steps are you taking in the home to reduce the chances of staff or members becoming ill? Are you and your staff getting flu shots?
- What will you do if you become ill?
- What will you do if your staff become ill and cannot come to work?
- What will you do if day services close due to illness and your members need to be in the home all day?

Please work with the care management team for your members as needed to ensure that you have the necessary resources and coverage in the event of illness at your facility.

Resources

2-1-1- Wisconsin

Dial 211 for information on a variety of subjects, including the flu, prevention, and community resources. Free and confidential. (If you call from a cellular phone and encounter problems, dial 877-947-2211.)

pandemic.wisconsin.gov

Wisconsin's H1N1 flu website. Information about current cases, symptoms, treatment, vaccines, and more (English, Spanish, and Hmong).

FLU.gov

U.S. Department of Health & Human Services website. Comprehensive information for individuals and businesses (resources in multiple languages).

cdc.gov/h1n1flu

Centers for Disease Control and Prevention H1N1 website. National situation updates, general information, clinical and public health guidance.

Local Public Health Departments

See other side for SFCA region. List of all Wisconsin departments available at dhs.wisconsin.gov/localhealth.

<p>Local Public Health Departments</p>	<p>Protecting Employees' Health</p>
<p>Crawford County Crawford County Public Health 225 N. Beaumont Rd., Suite 306 Prairie du Chien, WI 53821 608-326-0229</p>	<p>Flu is caused by viruses that infect the nose, throat, and lungs, and is generally spread from person to person when an infected person coughs or sneezes. An effective vaccine, when available, will be the best safeguard against pandemic flu. In addition, the following simple, common-sense precautions can also help. Recommended by the Centers for Disease Control and Prevention, these precautions should be communicated to the workforce and posted in common areas:</p>
<p>Grant County Grant County Health Department 111 South Jefferson Street Lancaster, WI 53813 608-723-6416</p>	<ul style="list-style-type: none"> • Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick, too.
<p>Green County Green County Health Department Government Services Building N3150 Highway 81 Monroe, WI 53566 608-328-9390</p>	<ul style="list-style-type: none"> • Stay home when you're sick or have flu symptoms. Get plenty of rest and check with a health care provider as needed.
<p>Iowa County Iowa County Health Department 217 E. Grace St. Dodgeville, WI 53533 608-935-2810</p>	<ul style="list-style-type: none"> • Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
<p>Juneau County Juneau County Health Department 220 East State Street Courthouse Room 104 Mauston, WI 53948 608-847-9373</p>	<ul style="list-style-type: none"> • Clean your hands. Washing your hands often will help protect you against germs. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
<p>Lafayette County Lafayette County Health Department 729 Clay Street Post Office Box 118 Darlington, WI 53530 608-776-4895</p>	<ul style="list-style-type: none"> • Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
<p>Richland County Richland County Health and Human Services Public Health Department P.O. Box 404 221 West Seminary Street Richland Center, WI 53581 608-647-8821</p>	<ul style="list-style-type: none"> • Practice other good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.
<p>Sauk County Sauk County Public Health Department West Square Building 505 Broadway Baraboo, WI 53913 608-355-3290</p>	<p>For more on business response to flu, download the brochure: <i>It's Not Flu As Usual: What Businesses Need To Know About Pandemic Flu Planning</i>, from healthyamericans.org/reports/flu/brochures/FluBrochure.pdf.</p> <p>About the Flu "Flu" refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal. Two strains of flu, seasonal flu and the H1N1 (Swine) flu, are currently circulating in the United States.</p> <p>Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue. In H1N1 (Swine) flu infection, vomiting and diarrhea may also occur. Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications.</p> <p>This year, the H1N1 (Swine) flu virus may cause a more dangerous flu season with a lot more people getting sick, being hospitalized and dying than during a regular flu season. H1N1 (Swine Flu) is a new virus first seen in the United States. It is contagious and spreads from person to person. Like seasonal flu, illness in people with H1N1 can vary from mild to severe.</p>
<p>See dhs.wisconsin.gov/localhealth for a complete list of Wisconsin local health departments.</p>	<p>–adapted from flu.gov/individualfamily/about</p>