

Dear YMCA Staff Member:

The world is on alert right now to the quick moving swine flu (or H1N1 flu), and we would like to let you know what our response is at the YMCA. This email is a preliminary communication for staff. We will provide updated information as we obtain it.

What this email will cover:

- What is swine flu?
- How can I prevent getting it?
- What is the YMCA of Columbia-Willamette doing about it?
- How can I get more information?
- New Official Employee Information Line (*New*)

What is swine flu?

Swine flu is a general term for flu viruses adapted to pigs. Swine flu can infect humans, most often from a pig to someone handling pigs. It can pass from human to human via coughing, sneezing or touching infected people or surfaces, then touching the mouth, nose or eyes. You cannot get swine flu from eating pork products that are properly cooked.

Symptoms are similar to regular flu: fever, fatigue, sore throat, cough, poor appetite, body aches and chills. Some people also have nausea, vomiting, and diarrhea. Experts do not know how deadly swine flu is because they do not know how many people have been infected. The World Health Organization says that the overall mortality rate is 1% to 4%. It is important to know that each year about 36,000 people in the U.S. die as a result of regular flu symptoms.

How can I prevent getting swine flu?

Cover your mouth when you cough and sneeze. Use tissues and throw them in the trash. Frequently wash your hands with soap and water. Use alcohol-based sanitizers. Wear gloves in situations where you have already been advised to wear them, such as dealing with laundry and changing diapers. Avoid sick people. If you are sick, stay home. If your children, family members, or people you live with are ill, you should consider staying home as well. If you start showing symptoms, seek medical attention immediately. There has been success with medication and treatment.

What is the YMCA of Columbia-Willamette doing?

Based on the information we know right now, we will continue to offer our regular programs. We are closely monitoring communications from local health departments and receive information daily on what we can do to prevent an outbreak of this flu. At this time in our service area there is one probable case in Multnomah County, Oregon. Department heads at the Association Services Office are working together to address the situation and do what is needed. There is no emergency or panic at this time, but we are on the alert.

Just as you would do normally, stay home if you are ill, and seek medical treatment.

How can I get more information?

If you are a supervisor and have employees returning from vacations to Mexico or other swine flu-affected areas, please contact Heather Jackson, Human Resources Director at (503) 221-5348 for procedures. If you have general questions, please contact Jill Robbins, Risk Management Specialist at (503) 221-5350. More information regarding health resources will be coming soon.

More information can be found at the following websites:

<http://www.cdc.gov>
<http://pandemicFlu.gov>

or your local county public health website

New Official Employee Information Line

The YMCA has amended the Snow Policy to add a new Official Employee Information Line to provide information regarding work schedule changes at our locations such as closures or late openings due to weather and other causes. The phone number for this line is (503) 946-5008. Child Care staff will continue to use the Child Care and School Age Hot Line at (503) 327-0017 or call the Child Development Center where they work.

Stay well,

Steve Hunter
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