DATE: April 28, 2009 C.U. 09-045

MEMO TO: All Personnel
Department of Detention and Community Control

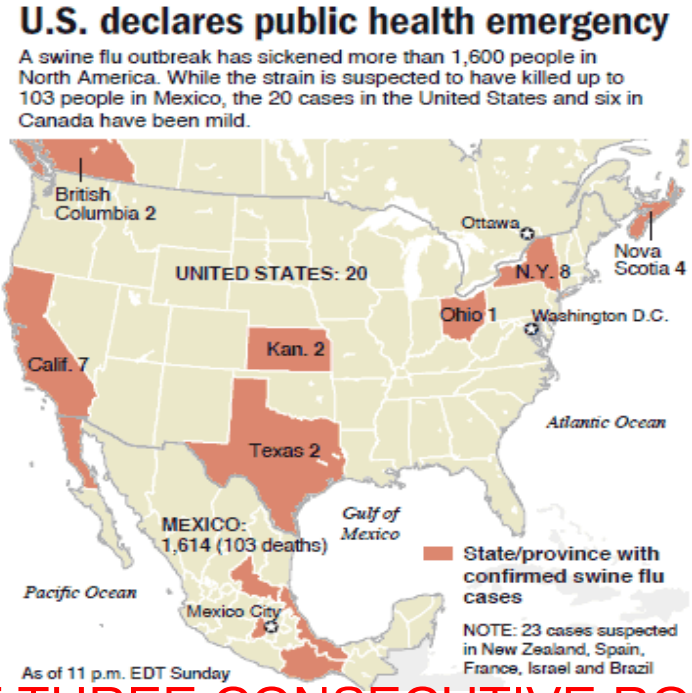
DRAFT

FROM: Compliance Unit
Department of Detention and Community Control

SUBJECT: TRAINING BULLETIN: Swine Flu

As you may be aware, the Centers for Disease Control (CDC) has announced that the Swine flu's recent outbreak in Mexico has spread to the United States. It should be emphasized that as of yet, no one has died here in the U.S. from this current flu outbreak and only minimal hospitalization has been required from the case discovered here in the U.S. It should also be noted that to date, there have been no cases identified here in the state of Florida. The government has described this most recent swine flu outbreak as a "cause for concern and requires a heightened state of alert," but is not a "cause for alarm". The federal government is closely monitoring emerging cases and had declared a public health emergency as a "precautionary tool to ensure that we have the resources we need at our disposal to respond quickly and effectively."

In order to do our part in preventing the spread of the Swine flu, Armor Correctional Health Services will be giving a brief presentation at our DOD roll calls. Also, please refer to the attachment, prepared by Armor Correctional Health Services, for staff to become more informed about this potential public health threat.



READ AT THREE CONSECUTIVE ROLL CALLS

U.S. Public Health Emergency:

Swine Flu in USA

April 26, 2009

MEMO: SWINE FLU PREVENTION AND SURVIELLANCE IN CORRECTIONS

Dear Armor Correctional Health Services Correctional Staff:

> ***Public Health Emergency***
> Per the World Health Organization, a public health emergency is an occurrence or imminent threat of illness or health conditions caused by bioterrorism, epidemic or pandemic disease, or highly fatal infectious agents or toxins that pose serious risk to a significant number of people.

As a result of the declared U.S. Public Health Emergency, all health care staff is asked to be especially vigilant for any signs, symptoms, or complaints that could be Swine Flu.

Until further notice, all health care staff is asked to adhere to the following:

For any patient with a **fever of 101.6°F or greater**:

1) Report the situation immediately to your facility Medical Director.
2) Consider isolation of the patient.
3) Report the occurrence to your facility's Infection Control nurse.
4) Also report this to corporate office by email to Peggy Rodriguez, RN (prodriguez@armorcorrectional.com) or via facsimile (305-662-8039).

In addition to early detection and close monitoring, good hygiene practices including frequent hand washing are essential during this early stage of what will hopefully be a limited epidemic.

Armor
Correctional Health Services, Inc.

Dr. J. May, Chief Medical Officer

Questions & Answers

Swine Influenza and You

What is swine flu?
Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.?
In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at http://www.cdc.gov/swineflu/investigation.htm CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious?
CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?
The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?
Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?
Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?
First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu?
Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an

inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others?
People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?
Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?
We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?
There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu?
Washing your hands often will help protect you from germs. Wash with soap and water. or clean with alcohol-based hand cleaner. we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

How serious is swine flu infection?
Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths occurring. However, swine flu infection can be serious. In September 1988, a previously healthy 32-year-old pregnant woman in Wisconsin was hospitalized for pneumonia after being infected with swine flu and died 8 days later. A swine flu outbreak in Fort Dix, New Jersey occurred in 1976 that caused more than 200 cases with serious illness in several people and one death.

Can I get swine influenza from eating or preparing pork?
No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Source: US Centers for Disease Control and Prevention (http://www.cdc.gov/swineflu/swineflu_you.htm), Apr 26, 09

Health Alert: Swine Influenza in USA

April 26, 2009

As of April 25, 2009, the Centers for Disease Control and Prevention (CDC) has confirmed the presence of a novel swine influenza virus in 11 cases of influenza-like illness in the United States, occurring in southern California, Texas, and Kansas. (See Friday's *MMWR*, Update: Swine Influenza A (H1N1) Infections --- California and Texas, April 2009 and Saturday's HAN alert). Additional cases are being investigated in California, Kansas, New York City, and in Canada. The CDC website is being updated several times a day. There have been no fatalities in the United States and only one patient has been hospitalized.

In Mexico more than 800 cases of a respiratory illness in 3 clusters, including 61 deaths, have been noted since mid-March, according to the World Health Organization (WHO). It is not yet clear whether all these respiratory illnesses in Mexico are the same but at least some, including one fatal case, are due to this swine influenza virus. Seven viral isolates from Mexico have been identified as swine flu at CDC and another 18 have been confirmed as swine flu by Canadian laboratories.

The ongoing epidemiologic investigation points to person-to-person transmission of this novel virus. Many important details such as the epidemic curve in Mexico, transmissibility, range of clinical manifestations, complications, and response to treatment remain under intense investigation.

This novel swine influenza virus is an influenza A:H1N1 that is a triple recombinant including gene segments of human, swine, and avian origin. Laboratory studies indicate susceptibility to neuraminidase inhibitors (oseltamivir, zanamivir) but resistance to the adamantanes (amantadine, rimantidine). It is not known whether the sensitivity of rapid tests for human influenza A:H1N1 will be equivalent for swine influenza A:H1N1. Because the current cases are dispersed over a fairly wide geographic area, containment is not a feasible option, and attention is focusing on other tools to slow the spread of infection.

Presently, the state and some large city public health laboratories can rule out swine influenza A:H1 but they cannot positively identify it. RT-PCR can be used to detect influenza A or B, and subtype influenza A as H1, H3 or H5. Nontypable influenza A isolates are to be sent to CDC for subtyping and further characterization. CDC is prioritizing its testing queue to test those specimens that are most informative to the epidemiologic investigation and it is actively working on making diagnostic reagents for swine influenza available to state public health laboratories.

CDC has set up a new swine flu website at http://www.cdc.gov/swineflu and is updating it regularly as new information becomes available.