



By Glenda Gail Kelly

# Flu Season Tips from Your Executive Assistant

## Stay Healthy!

**H**1N1, referred to as “swine flu,” is a new influenza virus causing illness in people. According to the [HRHero.com](http://HRHero.com) website, the White House announced Thursday, September 10th, that the 2009 H1N1 (swine flu) virus “could infect up to 50% of the US population.” To have our communities stay healthy and stop the spread of swine flu, it is vital that the workforce and public be aware of H1N1 symptoms.

If someone is sick with H1N1 flu, they’ll probably have symptoms similar to those of seasonal flu, including

- fever\*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills and fatigue
- sometimes diarrhea and vomiting

*\*It’s important to note that not everyone with flu will have a fever.*



Some simple steps from The Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov) that will assist businesses with ways of preventing the spreading of the swine flu.

- Cover your nose and mouth with a tissue when you cough or sneeze. Then throw the tissue in the trash.
- Practicing good hand hygiene - wash your hands often with soap and water, especially after coughing or sneezing, or use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose, or mouth to prevent spreading germs.
- Try to avoid close contact with sick people.

CDC recommends that people who are sick with H1N1 flu stay home for seven days after the onset of illness or at least 24 hours after symptoms have subsided, whichever is longer. In addition, CDC recommends that individuals take time to get vaccinated. Yearly seasonal flu vaccine is the first and most important step in protection against seasonal flu. A new vaccine against H1N1 is being produced, and will be available in the coming months as an option for prevention of H1N1 infection.

For more information, please go to the CDC website. 📌



## A Message From Your Director of Business and Services

### PBA Satellite Office Moves To New Location In Gainesville

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**W**e are on the move! On October 1, 2009, the State Correctional Officers Chapter will be taking advantage of a great opportunity.

**Attorney Gloria Fletcher**, a longtime friend of the PBA and our membership, has offered PBA office space in her brand new building in Gainesville.

Just imagine, the lead attorney on most of our high profile correctional officer cases in the same building! This modern building allows us to do things we were unable to do before, like hold meetings, large or small, in our own conference room. We will also have wireless internet and the ability to tv/teleconference throughout the state.

This office has ample parking and is centrally located at 4510 NW 6th Place, Suite B, Gainesville, FL 32607. The move from Starke to Gainesville has also resulted in changes to our local phone numbers. Please note our new phone number is (352) 336-0911 and our fax number is (352) 336-6911. The good news is that our toll free number (1-800-706-2677) stays the same.

So, it’s a fond farewell to our old office in Starke with all its memories and on to a new beginning in Gainesville. We don’t want to miss you, so please stop by our new office and see what I’m talking about. Thanks and we’ll see you there! 📌

