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Key Facts about H1N1 Flu

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SECURITY NEWS

The NOC (Nexus Operations Center) Newsletter, *The Nexus*, is now available to download on our website.

http://prusikusa.com/News_and_Events.html

The Nexus Operations Center is a communications hub that members, clients, and employees use to share information with Prusik USA, and other members. To communicate with the NOC, E-mail: noclist@prusikusa.com.



For security consulting and security services information call 1-877-PRUSIKUSA, or E-mail: securityinfo@prusikusa.com.

WHAT IS H1N1 INFLUENZA?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans. The classical swine flu virus (an influenza type A H1N1 virus) was first isolated from a pig in 1930.

HOW DOES H1N1 FLU SPREAD?

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs, such as in pig barns and livestock exhibits housing pigs at fairs. Human-to-human transmission of swine flu can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

TO PREVENT TRANSMISSION, FOLLOW THESE PRECAUTIONS:

- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
- Use waterless alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty.
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing, using soap and water or an alcohol-based hand gel.
- Follow all local health recommendations. For example, you may be asked to put on a surgical mask to protect others.
- Seek medical care if you feel sick.
- If you are ill with fever and other symptoms of swine flu like cough and sore throat, see a doctor, especially if you think you may have had contact with someone with swine flu or severe respiratory illness in the past 7 days before becoming ill.

CAN PEOPLE CATCH H1N1 FLU FROM EATING PORK?

No. Swine influenza viruses are not transmitted by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

WHAT ARE THE SYMPTOMS OF H1N1 FLU IN HUMANS?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

HOW CAN HUMAN INFECTIONS WITH H1N1 INFLUENZA BE DIAGNOSED?

To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus). However, some persons, especially children, may shed virus for 10 days or longer. Identification as a swine flu influenza A virus requires sending the specimen to CDC for laboratory testing. More information on treatment recommendations can be found at www.cdc.gov/flu/swine/recommendations.htm.

Weather Safety

By John Robishaw
Health and Safety Coordinator



FIREARMS NEWS

Parabellum Combat Systems is conducting research and development on a new firearm project. The SPIKE receiver is projected to be complete by November '09, in time for the [Wanemacher's Tulsa Arms Show](#) at the Expo Center in Tulsa, OK on November 14-15. The SPIKE firearm will be offered in a pistol and short-barreled-rifle configuration for pistol, subgun and rifle calibers.

For Firearms solutions, call 1-877-PRUSIKUSA, or E-mail: parabellum@prusikusa.com.

HURRICANE SAFETY

Hurricane season officially starts June 1st and lasts until November 30th. Hurricanes can sometimes spawn thunderstorms and tornadoes for other parts of the country. If you live in a hurricane-prone area, make sure you know all of the evacuation routes. Listen to the radio and television for the latest information and instructions for your area.

A **HURRICANE WATCH** issued for your part of the coast indicates the possibility that you could experience hurricane conditions within 36 hours. This WATCH should trigger your family's disaster plan, and protective measures should be initiated - Especially actions that require extra time such as securing a boat or leaving a barrier island.

A **HURRICANE WARNING** issued for your part of the coast indicates that sustained winds of at least 74 mph are expected within 24 hours. Once this WARNING has been issued, your family should be in the process of completing protective actions and deciding the safest location to be during the storm.

WHAT TO DO BEFORE A HURRICANE

- Have a disaster plan.
- Have a plan for your pet(s). Before a storm threatens, contact your veterinarian or local humane society for information on preparing your pets for an emergency.
- Board up windows.
- Bring in outdoor objects that could blow away.
- Make sure you know which county or parish you live in.
- Know where all the evacuation routes are.
- Prepare a disaster supplies kit for your home and car. Have enough food and water for at least 3 days. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flashlight, protective clothing and written instructions on how to turn off electricity, gas, and water.
- Have a NOAA weather radio handy with plenty of batteries, so you can listen to storm advisories.
- Have some cash handy. Following a hurricane, banks and ATMs may be temporarily closed.
- Make sure your car is filled with gasoline.

WHAT TO DO DURING A HURRICANE

- Stay away from low-lying and flood prone areas.
- Always stay indoors during a hurricane, because strong winds will blow things around.
- Leave mobile homes and to go to a shelter.
- If your home isn't on higher ground, go to a shelter.
- If emergency managers say to evacuate, do so immediately.

WHAT TO DO AFTER A HURRICANE:

- Stay indoors until it is safe to come out.
- Check for injured or trapped people, without putting yourself in danger.
- Watch out for flooding which can happen after a hurricane.
- Do not attempt to drive in flooding water.
- Stay away from standing water. It may be electrically charged from underground or downed power lines.