

On behalf of Inland Regional Center we are sharing with you this Health Care Alert about Swine Flu:

This is a Health Care alert for families, vendors, and other people providing care for consumers. The outbreak of swine flu from Mexico has caused concern about a wider outbreak of this virus. There are several cases of swine flu in Southern California and a confirmed case in Sacramento. The current occurrence of swine flu is treatable. The consequences of the swine flu spreading could be very serious.

Consumers living in a group setting or attending day program may be more vulnerable to exposure to the swine flu virus.

If you provide care to a consumer please remember to follow these simple preventative measures:

1. Use universal precautions by washing your hands frequently, using hand sanitizer, covering your coughs and sneezes, and taking other extra hygiene steps.
2. If you are sick (coughing, fever, lethargy, diarrhea, or other flu like symptoms) stay at home and see your doctor.
3. Take care in visiting people who are sick. If you do visit someone who is sick, use universal precautions.

Family members and vendors are urged to identify those consumers they supervise who may be more at risk in this situation. Special care should be taken with those individuals at risk to make sure that the best hygiene practices are followed. Consumers that show signs of fever, cough, and other flu-like symptoms should be closely monitored and referred to a physician. Those consumers in a group setting who are ill should be isolated to prevent possible spread of the flu. Please inform the service coordinator if the consumer you supervise needs to be isolated.

If there is a need to take a consumer to the emergency room for any reason please place a mask on the consumer and wear a mask yourself. Emergency rooms are places where illnesses like swine flu can be spread.

Thank you.