

H1N1 & A INFLUENZA

Tips for Parents and Self Advocates



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Being Prepared MN Emergency Preparedness Center is Funded by the U.S. Department of Health & Human Services Administration on Developmental Disabilities A Project of National Significance 90DN0277

IPSII INC.



- IPSII Inc. is a 501 (c) (3) organization founded in 2002
- Our Board of Directors is comprised of people with disabilities and their families
- Our Mission: To increase Independence, Productivity, Self Determination, Integration & Inclusion [IPSII] for people with disabilities and their families. We achieve our mission through our grant activities, analysis of public policy and advocacy.
- Our goal: To create welcoming schools, neighborhoods, workplaces and communities, for people with disabilities and their families.

BEING PREPARED: MN EMERGENCY PREPARED CENTER



- The Center is Funded by the U.S. Department of Health & Human Services Administration on Developmental Disabilities A Project of National Significance 90DN0277
- The purpose of the Center is to provide information and training to at least sixty individuals with developmental disabilities and their families, so they can develop their own emergency preparedness plan for emergency events and remain intact and self sufficient each year of this three year grant.
- In addition, we will train at least five first responders groups on Positive Behavioral Interventions each year of this three year grant. In the past, individuals with developmental disabilities have been removed from emergency shelters due to their challenging behavior.

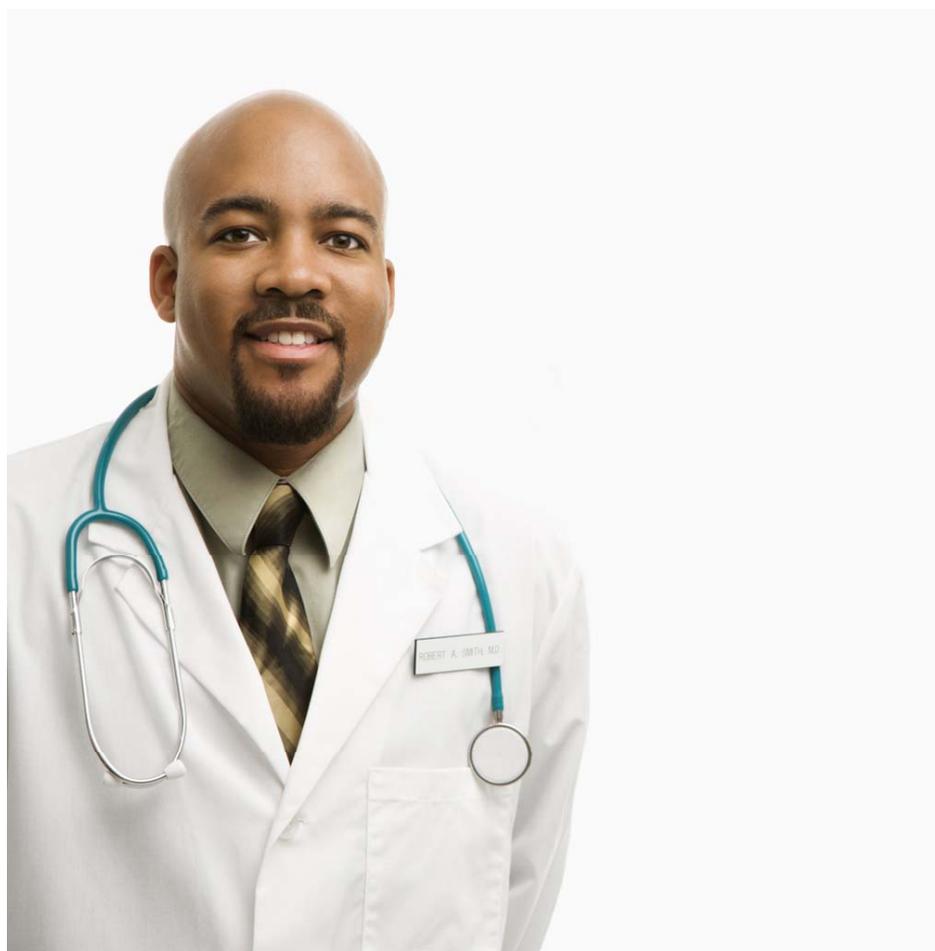
EMERGENCY PREPAREDNESS AND YOU



WHAT SHOULD I DO IF I GET H1N1 OR A INFLUENZA?



**IF YOU GET SICK CALL YOUR DOCTOR
WITH ANY QUESTIONS OR CONCERNS**





IF YOU GET SICK

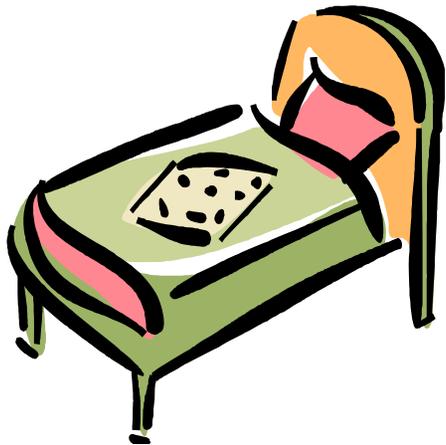
- You will feel sick.
- Typical symptoms are a sudden high fever [101 degrees or higher], sore throat , body aches, coughing.
- The H1N1 and A Influenza flu is mild for most people.



IF YOU GET SICK



- Do not go to work, school, shopping or church.
- You will stay sick longer and give the flu to your friends if you don't stay home.
- Stay home for at least 1 day with no fever



BIRTH TO 5 YRS STAY AT HOME LONGER



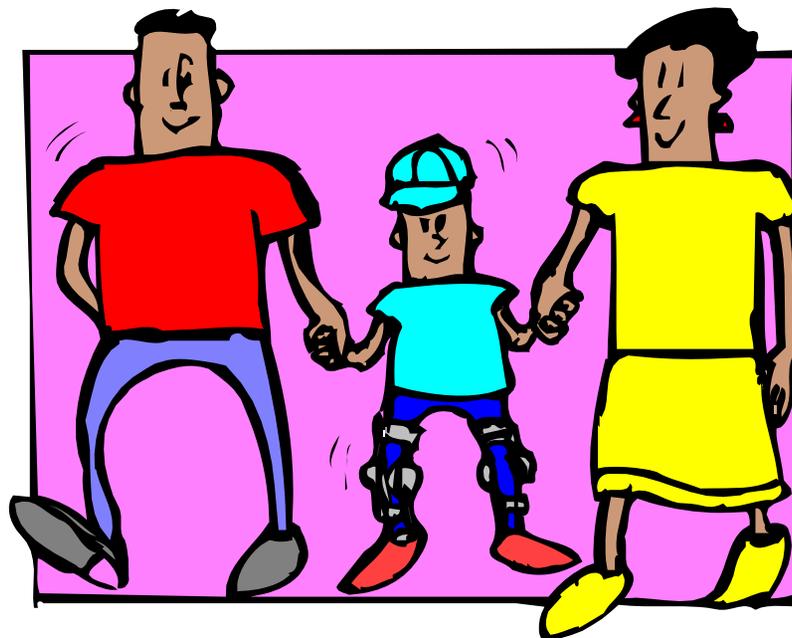
Health officials recommend that parents keep children under five-years-old at home until seven days after influenza-like symptoms first appear, or 24 hours after a child's symptoms go away, whichever is longer.





SCHOOL AGE KIDS

School-age children can return to school 24 hours after their fever has resolved without the use of fever-reducing medicines like acetaminophen or ibuprofen, if they feel well enough.



INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES



- Individuals with developmental disabilities who are non verbal can communicate illness by:



○ Throwing temper tantrums



○ Screaming



○ Sleeping more than usual



Joseph Kenney

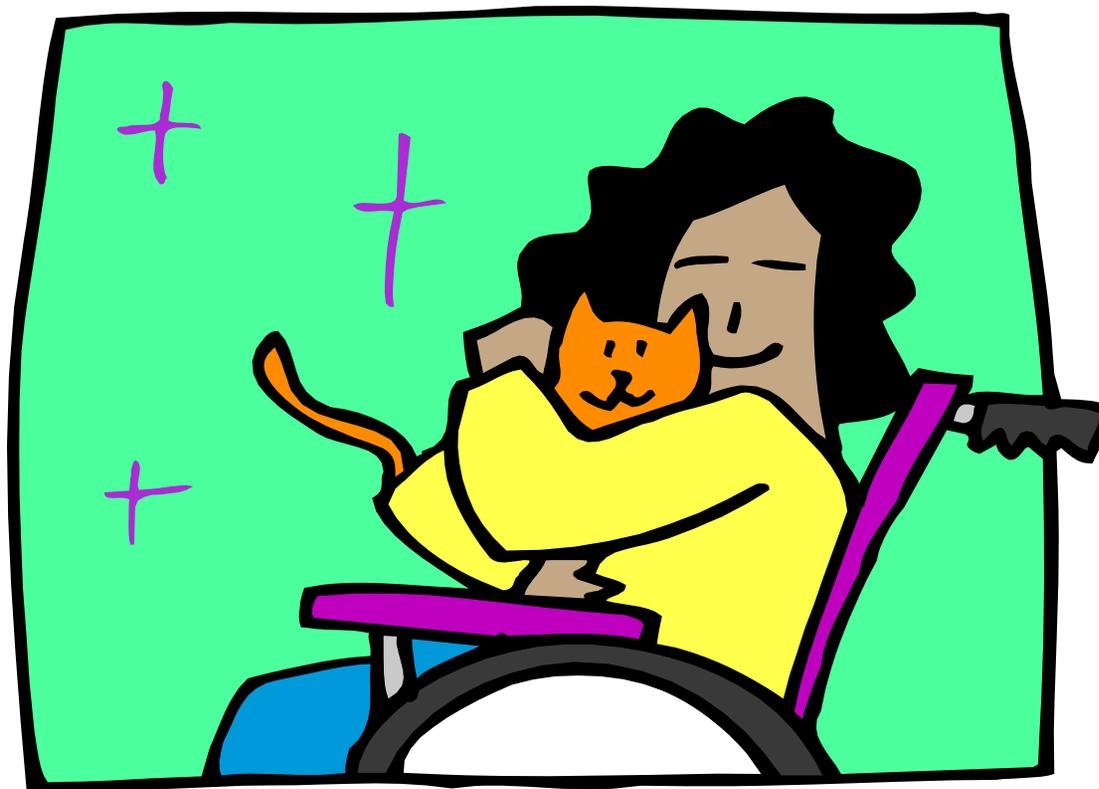
COVER YOUR COUGH OR SNEEZE



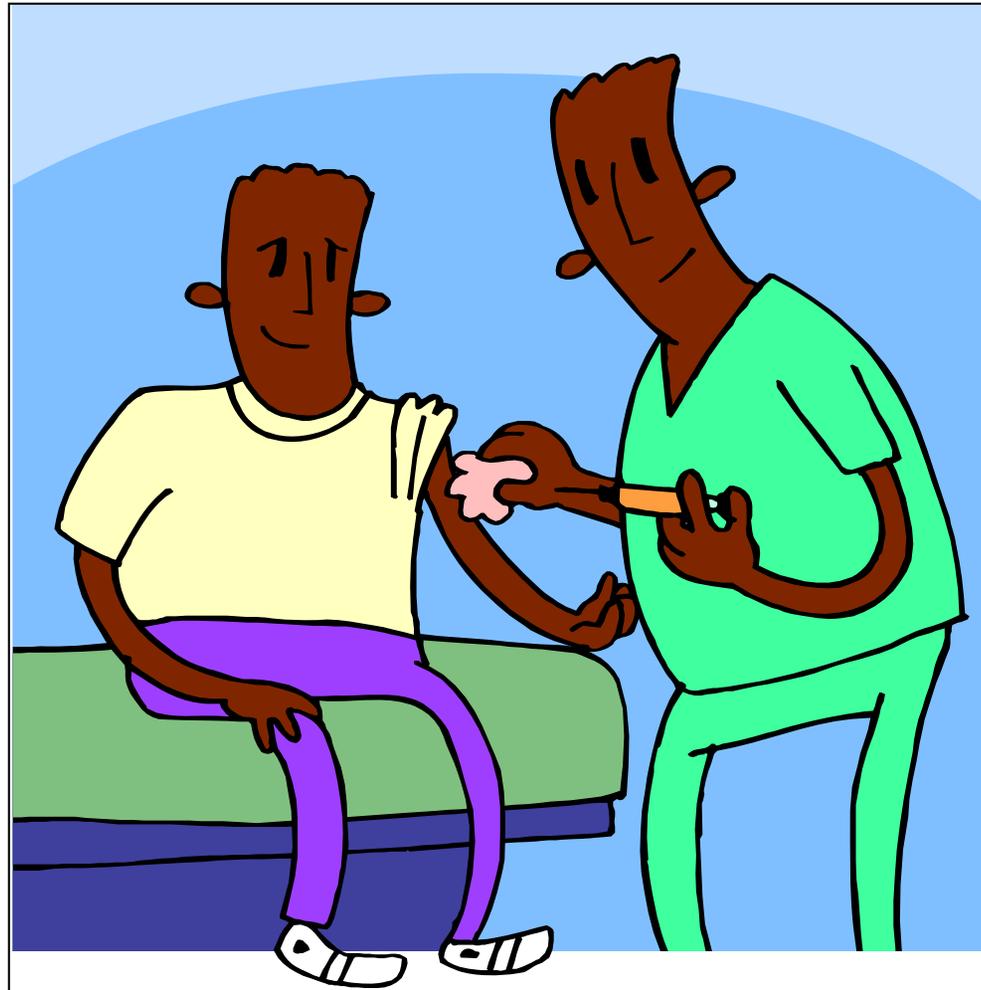
- Cough or sneeze into a tissue. Be sure to throw the tissue away.
- If you don't have a tissue, sneeze or cough into your elbow not your hand.
- If you cough into your hand wash your hands.



HOW DO I KEEP FROM GETTING H1N1 OR A INFLUENZA?



**GET THE H1N1 A INFLUENZA SHOT
FOR YOURSELF AND YOUR CHILDREN.**



LIVE HEALTHY



- Get plenty of sleep.



- Eat healthy.



- Drink lots of water



- Exercise.



- Reduce Stress.



**DO NOT TOUCH YOUR FACE AND
MOUTH WITH YOUR HANDS**



WASH YOUR HANDS!



- Wash your hands as often as you can with soap and water or alcohol wipes/ solution.
- Be sure to wash your hands using soap long enough to get rid of the germs/virus.
- You need to wash your hands with soap as long as it takes you to sing 'Happy Birthday' twice.



Happy Birthday
Happy Birthday

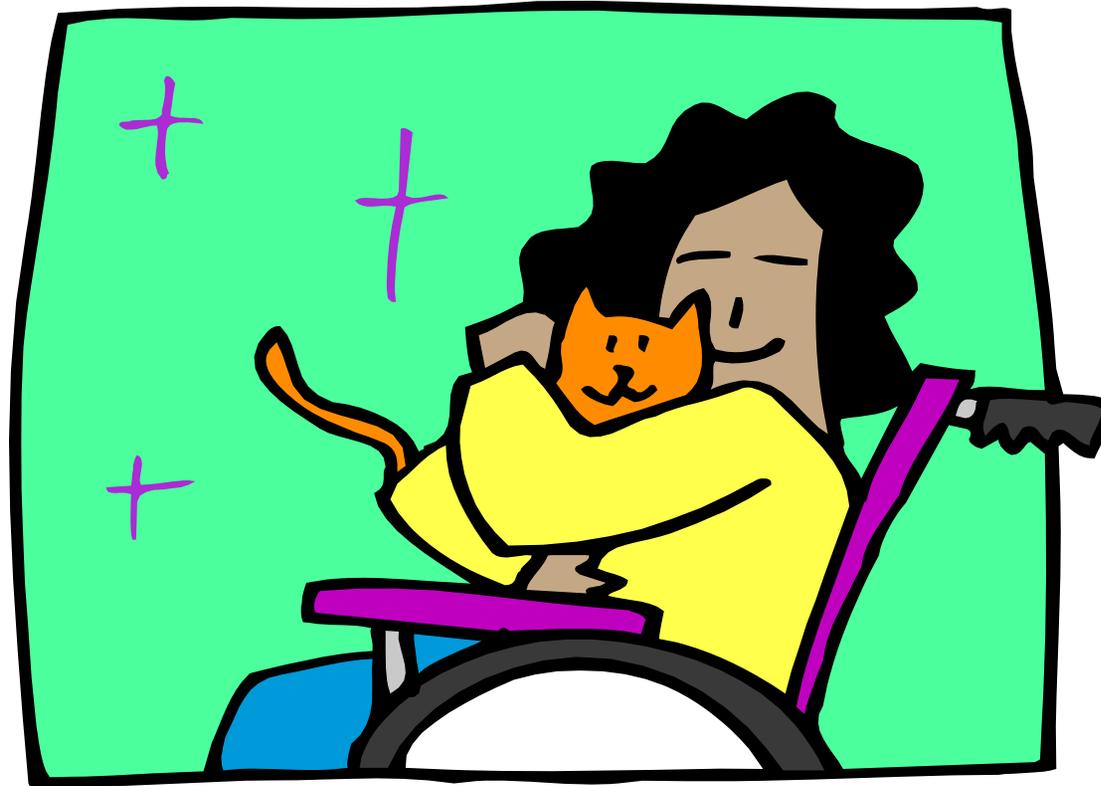
PEOPLE WHO DO NOT HAVE THE FLU



- Stay away from people who have the flu.
- If the person lives with you and you do not have to take care of them, staying a few feet away should keep you from getting the flu.
- If you have to care for someone who is sick, wash your hands frequently and remind them to cover their cough with their elbows.
- The flu is spread by coughing. Disinfect door knobs and other surfaces.



**IF YOU GET SICK, WE HOPE YOU
FOLLOW OUR TIPS AND GET BETTER SOON!**



CONTACT INFORMATION



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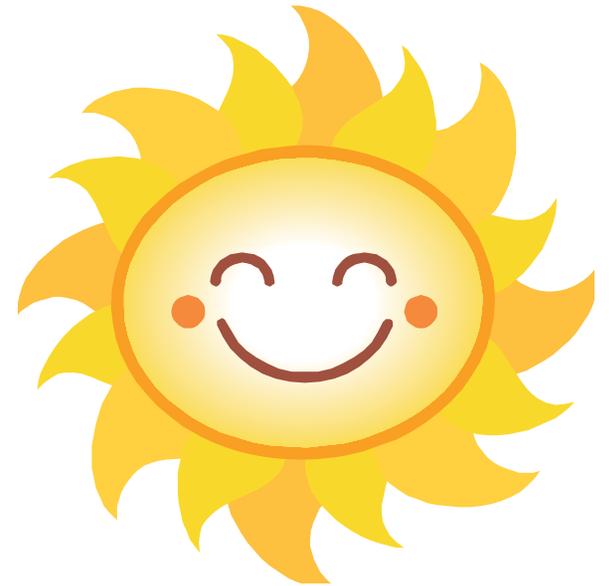
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THE END