



MONTEZUMA COUNTY, COLORADO

EMERGENCY PREPAREDNESS NEWSLETTER

October 1, 2011

One thing is certain in Emergency Management; as we move through the calendar, the cycle of preparedness issues changes.

Right now we're enjoying a beautiful Fall, with vibrant colors, crisp air and the wildlife preparing for winter. It's a special time of the year.

Unfortunately, Fall brings with it the prospect of influenza and other viruses. Two years ago the media were filled with warnings about the H1N1 flu virus. Plans were developed to deal with massive outbreaks. Fortunately, our region was spared from a major pandemic, even though a lot of folks got sick and tragically, a few died.

The good news is that so far the predications are for a fairly mild flu season this year. Still, it's important to be ready.

If you have specific health issues, talk with your physician about whether you should get a flu vaccination. Local pharmacies and the Montezuma County Public Health Agency have information about availability of vaccines and possible side effects.

Remember that viruses are easily spread in public settings. Use sanitary wipes on the handles of shopping carts. Wash your hands thoroughly several times a day when you are at work or in other public places. Remember to cover your mouth with your elbow or sleeve if you

cough. Avoid using public drinking fountains. Share these precautions with your family and friends, especially your children.

If you experience flu-like symptoms, avoid contact with as many folks as possible. Rest, stay hydrated, and call your doctor. If your symptoms worsen, notify your physician immediately. For most of us, the flu is an uncomfortable experience which will last a few days. For children or folks with health problems, influenza can be life-threatening.

The chance of a pandemic is always with us, but taking these simple steps can help prevent a virus from spreading, and keep you in good health so you can enjoy this wonderful time of year!

Until next month.

Be Prepared!

Doug