

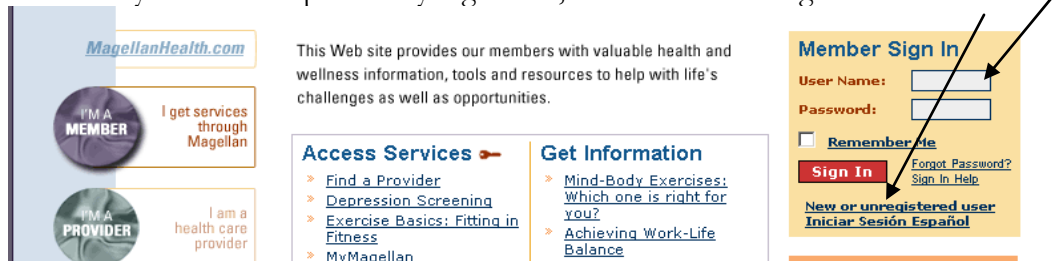
Influenza A-H1N1: Your Workplace Wellness Strategy

Increased media coverage of the H1N1 flu pandemic can lead to an increase in anxiety and stress and concerns for the health and wellness of employees. Because stress affects the immune system, excessive worry won't help but education and planning will. For your convenience, Magellan has created a workplace wellness strategy to address H1N1 concerns. The strategy as outlined below includes a pod-cast (audio only broadcast) that can be listened to via the computer or downloaded to an MP3 Player; a web-cast (audio broadcast with a slideshow); and written educational information. For more specific medical questions Magellan encourages you to contact your physician, medical vendor, or the Centers for Disease Control and Prevention at www.cdc.gov or 1-800-CDC-INFO (1-800-232-4636).

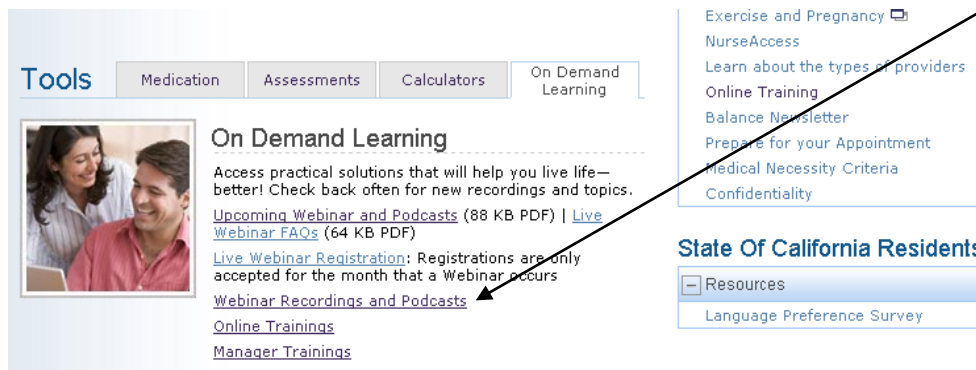
Strategy One: Pod-cast (audio only presentation) “Influenza A-H1N1 Anxiety and Prevention”:

Step 1: Log onto www.MagellanHealth.com/member.

Step 2: If you have previously registered, sign in with your user name and password here
 If you have not previously registered, select new or unregistered user here



Step 3: Scroll to the bottom of the screen and select “Webinar recordings and Pod-casts”



Step 4: Select “Influenza A-H1N1 Anxiety and Prevention”

Getting Better Sleep	Tune in and learn how to get a better night's sleep.	MP3 (3.1 MB audio file)	Transcript (14 KB PDF) Worksheet (23 KB PDF)
new Influenza A-H1N1 Anxiety and Prevention	There are several steps for managing anxiety about the H1N1 flu and maintaining a healthy workplace. This podcast will explore these steps with the goal of helping you stay healthy, informed, and calm.	MP3 (3.0 MB audio file)	Transcript (201 KB PDF)

Step 5: You can listen to the pod-cast via your computer speakers or headphones or download it to a MP3 Player.

Strategy Two: Webcast (the pod-cast with a slideshow) **“Influenza A-H1N1 Anxiety and Prevention”**:

To access the web-cast click on the following link: <http://magellanhealth.na4.acrobat.com/p59501695/>

You can post this link for your employees to access on your internal intranet or distribute this link directly to employees.

Strategy Three: Written material

The following articles can be disseminated to your employees or posted in the workplace. These articles can also be found on the home page at www.MagellanHealth.com/member.

Article One

H1N1 Flu — Get Informed. Be Prepared.

Centers for Disease Control and Prevention

www.MagellanHealth.com/member

What is Influenza A-H1N1 (also known as Swine Flu)?

H1N1 flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get H1N1 flu, but human infections can and do happen.

Is this H1N1 flu virus contagious?

The Centers for Disease Control (CDC) has determined that this H1N1 flu is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of H1N1 flu in people?

The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 flu infection in people. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

How does H1N1 flu spread?

Spread of this H1N1 flu is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: **wash your hands**. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try to not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat H1N1 flu?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these H1N1 flu viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within two days of symptoms).

How long can an infected person spread H1N1 flu to others?

People with H1N1 influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against H1N1 flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best technique for washing my hands to avoid getting the flu?

Wash with warm soap and water or clean with alcohol-based hand cleaner. It is recommended that you wash your hands for at least 15 to 20 seconds.

What should I do if I get sick?

If you live in areas where H1N1 flu cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Can I get H1N1 flu from eating or preparing pork?

No. H1N1 flu viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Where can I get more information and updates about the H1N1 flu?

Contact the Centers for Disease Control and Prevention (CDC) at 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 hours a day or log on to http://www.cdc.gov/h1n1flu/general_info.htm.

Additional Resources include Health & Human Services – www.HHS.gov and the World Health Organization - www.who.int/en.

If you are experiencing anxiety over the H1N1 flu, your Magellan program is always here to help. Call your Program's toll-free number or log on to www.MagellanHealth.com/member.

Article Two

Influenza A-H1N1 (also known as Swine Flu) Anxiety and Prevention

Centers for Disease Control and Prevention

www.MagellanHealth.com/member

While the media coverage about the H1N1 flu outbreak can make people feel on edge and anxious, education is the great equalizer! Instead of choosing to stress which tends to make you more susceptible to illness, get busy finding out the facts about H1N1 flu and learn about how to prevent the spread of germs at home, school and work. Here are some tips for staying healthy, calm and informed.

Stay Healthy

These steps may help prevent the spread of respiratory illnesses such as the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze-throw the tissue away immediately after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based (60-95 percent) hand cleaner.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If you get the flu, stay home from work, school, and social gatherings. In this way you will help prevent others from catching your illness.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.

Stay Informed

- Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical.
- A source for updated information on H1N1 flu and pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week.
- Look for information on your local and state government Web sites.
- Listen to local and national radio, watch news reports on television, and read your newspaper and other sources of printed and reliable web-based information.
- Talk to your local health care providers and public health officials.

Stay Calm

It's important to be cautious, heed warnings if they are issued, and do what you can to prepare and prevent, but there's no need to panic. Anxiety that you may be feeling is your body's natural way to motivate action, but once you've done what you can to prepare, it helps to let go of anxiety. Because stress affects your immune system, excessive worry won't help you, and at this point, there's no call for it. If you find yourself stressing over the H1N1 flu outbreak after you've taken every possible step to prepare, try the following stress management techniques:

- Meditation:** Meditation is one of the most popular stress relievers for good reason: it brings far-reaching benefits!

- Breathing Exercises:** Breathing exercises are simple and convenient. They're easy to learn and can be practiced anywhere.
- Yoga:** Yoga can help support physical and emotional health in many ways.
- Exercise:** If you find yourself absorbed watching the updates on television, turn it off and get outside. Working out or simply going for a walk is a great way to blow off steam, keep your body healthy, and relieve stress at the same time.
- Listen to Music:** Music can be a great stress reliever, and putting on some soothing music can help you and everyone around you passively relieve stress.
- Talk To A Professional:** If you feel persistently anxious about this or anything in your life, the anxiety is interfering with your regular activities, and regular stress management techniques aren't helping, it's a good idea to talk to a counselor or doctor for further help.

Workplace Prevention

Managers can prepare their employees by educating them about how to help prevent the spread of viruses and bacteria in the workplace. Employees should know and practice routine hygiene measures such as:

- Cover their mouth and nose when coughing or sneezing.
- Wash their hands often. Proper hand washing technique includes washing with soap and warm water for 15 to 20 seconds. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
- In addition managers should encourage annual vaccinations. While a seasonal human vaccination will not specifically protect against H1N1 influenza, it can help prevent “co-infection” of two different influenza viruses, which could lead to the emergence of a new strain of virus that could cause widespread illness.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

Your Magellan Program

Your Magellan program offers a wide range of information and self-help tools to help you relieve stress and anxious feelings. Log on to www.MagellanHealth.com/member and register with your program's toll-free number. Or, call your toll-free number to speak with a professional.

Article Three

Influenza A-H1N1 and the Workplace

Centers for Disease Control and Prevention
www.MagellanHealth.com/member

Staying connected and keeping your employees healthy during the outbreak of the Influenza A-H1N1 flu (also known as Swine Flu) is important. Below are some tips to share with managers and employees to help manage their anxiety about the H1N1 flu, maintain a healthy workplace, and provide helpful information for those traveling to and from affected areas.

Managing Anxiety about H1N1 Flu

Even during this period of uncertainty, you can take several steps to manage your anxiety and have a positive outlook.

Keep things in perspective. Government officials need to prepare for worst-case scenarios in order to protect the public. The public, however, does not need to expect the worst.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as news from the U.S. Centers for Disease Control, a local or state public health agency, or local elected official such as a state governor. This is a rapidly evolving situation, so gather information at regular intervals in order to help you distinguish facts from rumors. Be wary of unsubstantiated rumors, which can be upsetting and may deter you from taking appropriate action.

Maintain a hopeful outlook. Limit worry and anxiety by lessening the time you and your family spend watching or listening to media coverage.

Stay healthy. A healthy lifestyle—including proper diet and exercise—is your best defense against any disease threat. Adopting hygienic habits such as washing your hands regularly will also minimize your exposure to all types of germs and disease sources. A healthy body can have a positive impact on your thoughts and emotions, enabling you to make better decisions and deal with the flu's uncertainties.

Build resilience. Resilience is the process of adapting well in the face of adversity, threats or significant sources of stress. Draw on skills you have used in the past that have helped you manage life's adversities and use those skills to help you manage your emotions during this challenging time.

Have a plan. Think about how you might respond if H1N1 flu were discovered in your area. You may want to stock up on non-perishable foods in case officials recommend staying home, explore options for working from home and caring for sick family members as well as establish an emergency family communication plan. Explore how you might spend your time if schools or businesses are closed. Working out some of these scenarios in advance can lessen your anxiety.

Communicate with your children. Discuss H1N1 flu with honest and age- appropriate information. If your children have concerns, addressing those together may ease their anxiety and distress. Parents also can help allay distress by keeping children's routines and schedules unchanged despite H1N1 flu preparations. Remember that children will observe adults' behaviors and emotions for cues on how to manage their own emotions during this time.

Stay connected. Maintaining social networks can foster a sense of normality, and provide valuable outlets for sharing feelings and relieving stress. If officials have recommended limiting your social contact to contain an outbreak, you can stay connected via phone, e-mail and online social networking.

Seek additional help. If you have intense feelings of anxiety or hopelessness or are having trouble performing your job or other daily activities, your employee assistance program or a licensed mental health professional can help you develop an appropriate strategy for moving forward.

Staying Healthy at the Workplace

These steps may help prevent the spread of respiratory illnesses such as the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze-throw the tissue away immediately.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based (60-95 percent) hand cleaner.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- If you get the flu, stay home from work, school, and social gatherings. In this way you will help prevent others from catching your illness.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.

Traveling To and From Mexico

At this time, the Centers for Disease Control and Prevention (CDC) recommends that U.S. travelers avoid all nonessential travel to Mexico. Changes to this recommendation will be posted at <http://www.cdc.gov/travel/>. If you must travel to an area that has reported cases of H1N1 flu:

Stay Informed

- Check updates from these sources:
 - o Centers for Disease Control and Prevention
 - o Secretaria de Salud
 - o World Health Organization
 - o Pan American Health Organization
- Monitor announcements from Mexico's Ministry of Health and local government, including information about affected areas, as not all areas are equally affected.

- Follow local public health guidelines, including any movement restrictions and prevention recommendations.
- Be aware that Mexico is checking all exiting airline passengers for signs of H1N1 flu. Exit screening may cause significant delays at airports.

Prepare for your trip

Antiviral medications for the prevention of H1N1 flu should be considered for travelers from the United States going to Mexico who are at high risk of severe illness from influenza. This would include individuals with certain chronic medical conditions, those aged 65 or older, children younger than five years old and pregnant women. Talk to your doctor about recommended influenza antiviral medications. Always seek medical care if you are severely ill.

For all travelers, CDC recommends the following steps to help you stay healthy:

- Be sure you are up to date with all your routine vaccinations, including a seasonal influenza vaccine. The seasonal vaccine is not expected to offer protection against H1N1 flu, but it can protect against seasonal flu, which may still be circulating in Mexico and the Southern Hemisphere.
- Pack a travel health kit that contains basic first aid and medical supplies.
- Identify the health-care resources in the area(s) you will be visiting.
- Check if your health insurance plan will cover you abroad. Consider purchasing additional insurance that covers medical evacuation in case you become sick.
- Remember that U.S. embassies, consulates and military facilities do not have the legal authority, capability, and resources to evacuate or to give medications, vaccines or medical care to private U.S. citizens overseas.

During your visit

- Monitor the local situation
 - o Pay attention to announcements from the local government
 - o Follow local public health guidelines, including any movement restrictions and prevention recommendations
- Practice healthy habits to help stop the spread of H1N1 flu
- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
- 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.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Try to avoid close contact with sick people (within six feet). Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- It is important to follow the advice of local health and government authorities. You may be asked to restrict your movement and stay in your home or hotel to contain the spread of H1N1 flu.

Seek medical care if you feel sick

- If you are ill with fever and other symptoms of H1N1 flu, such as cough and sore throat, consult a medical provider, especially if you think you may have had contact with someone with H1N1 flu or severe respiratory illness in the past seven days before becoming ill.
- If you need to find local medical care, a U.S. consular officer can help you locate medical services and will inform your family or friends in the United States of your illness. To contact the U.S. Embassy or consulate in the country where you are visiting, call the Overseas Citizens Services at:
 - o 1-888-407-4747 if calling from the U.S. or Canada,
 - o 00 1 202-501-4444 if calling from overseas, or
 - o Find your local US Embassy at [Websites of U.S. Embassies, Consulates, and Diplomatic Missions](#).
- Do not travel while you are sick, except to get local medical care.
- Try to limit contact with others as much as possible.

After your trip

- Closely monitor your health for seven days.
- If you become ill with fever and other symptoms of H1N1 flu, such as cough and sore throat and possibly vomiting and diarrhea during this period, call your doctor or clinic for an appointment right away. Your doctor may test you for influenza and decide whether influenza antiviral treatment is indicated.
- When you make the appointment, tell the doctor the following:
 - o Your symptoms,
 - o Where you traveled, and
 - o If you have had close contact with a person infected with H1N1 flu.
- Avoid leaving your home while sick except to get local medical care, or as instructed by your doctor. Do not go to work or school while you are ill. If you must leave your home (for example, to seek medical care), wear a surgical mask to keep from spreading your illness to others.
- Always cover your nose and mouth with a tissue when you cough or sneeze. Throw away used tissues in a trash can.
- Wash your hands with soap and water often and especially after you cough or sneeze.
- Avoid close contact with other people as much as possible.
- Wear a surgical mask if you are in contact with other people for the first seven days after your trip.

Your Magellan program offers a wide range of information and self-help tools to help you relieve stress and anxious feelings. Log on to www.MagellanHealth.com/member and register with your program's toll-free number. Or, call the toll-free number to speak with a professional.

¹ American Psychological Association
Centers for Disease Control and Prevention