



The Centers for Disease Control and Prevention's (CDC) synopsis of influenza cases is rising everyday. Their most recent Seasonal Influenza Weekly Report (Week 41 – Ending October 17, 2009) stated that out of the 4,855 positive influenza specimens taken from across the US during that week, 69.7% (3,378) of them were H1N1. Although some may joke about the H1N1 influenza virus and/or think that they could never be effected, we believe it's a serious matter and anyone can be infected, as does the CDC. As most of you know, there have been several widespread cases of H1N1 earlier this year and because of that, the influenza case counts were reset to zero on August 30, 2009. From August 30 – October 17, 2009 there were 8,204 confirmed influenza associated hospitalizations, 411 confirmed influenza associated deaths, 21,823 pneumonia and influenza syndrome-based hospitalizations, and 2,416 pneumonia and influenza syndrome-based deaths. This is under a two month time frame and influenza season only officially started October 4th. Not really much of a laughing matter and it brings it a little closer to home after you see the numbers.

Because becoming a hermit and staying dormant in your home for the entire flu season is just not practical, we'd like to share with you some important steps that you can take to help reduce your risk of getting H1N1.

- Get Vaccinated – this year there are two flu vaccines available, regular seasonal flu and the 2009 H1N1 vaccine. Generally you can get both, but check with your doctor to see what his/her recommendations are.
- Wash your hands often with soap and water. If soap and water are not available, use an antibacterial hand sanitizer, such as the one offered by Telcom.
- Use tissues while coughing and/or sneezing to help prevent the spread of germs in the air (don't forget to wash your hands afterwards).
- Avoid touching your eyes, nose, or mouth. These are areas in which germs enter your body. If you must touch your eyes, nose, or mouth make sure you wash your hands or use hand sanitizer before and after doing so.
- Try to avoid close contact with sick people, which may be difficult if someone in your family is sick. Are you are their caregiver? Following the steps above will reduce your risk while caring for them.
- If you are sick with flu-like illness, it is recommended that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.



Enclosed you'll find a tissue case with tissues to help towards your flu preventative methods. For the latest information regarding the H1N1 virus visit www.CDC.gov, or contact us anytime, we're always here to help.

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