

SEP 03 2009

ROCKVILLE ACTIVITY

AUGUST 2009

TOTAL HOURS 55.5

(SEE ATTACHED ACTIVITY LIST FOR DETAILS)

ALL CITATIONS FOR ROCKVILLE - AUG 2009

Area	Offense_Date	Citation_Number	Case_Number	Charge
CITY OF ROCKVILLE	08/06/2009 08:09:00	ST 487-443	09044744	SPEEDING
CITY OF ROCKVILLE	08/09/2009 22:25:00	ST 499-590	09045576	DRIVING AFTER REVOCATION-MS
CITY OF ROCKVILLE	08/11/2009 17:56:00	ST 501-653	09045883	EXPIRED REGISTRATION-MS
CITY OF ROCKVILLE	08/11/2009 21:34:00	ST 501-122	09045920	EXPIRED REGISTRATION-MS
CITY OF ROCKVILLE	08/11/2009 21:34:00	ST 501-122	09045920	NO PROOF OF INSURANCE
CITY OF ROCKVILLE	08/14/2009 03:00:00	ST 499-927	09046439	INATTENTIVE DRIVING 169-14-1
CITY OF ROCKVILLE	08/16/2009 15:41:00	ST 494-904	09046988	86B-501-3 CHILD UNDER 10 WITHOUT LIFE JACKET
CITY OF ROCKVILLE	08/16/2009 18:05:00	ST 499-731	09047004	SPEEDING

ALL CALLS IN ROCKVILLE- AUG 2009 SEP 03 2009

City	Date Received	Call Number	Complaint	Description
ROCKVILLE	08/11/2009 10:18:36	09045813	1050	ACCIDENT
ROCKVILLE	08/10/2009 11:36:50	09045629	1053	ACCIDENT AMBULANCE ENROUTE
ROCKVILLE	08/29/2009 20:51:07	09049847	1056	INTOXICATED DRIVER
ROCKVILLE	08/29/2009 20:56:54	09049849	AL	ALARM
ROCKVILLE	08/25/2009 09:57:41	09048845	AL	ALARM
ROCKVILLE	08/29/2009 12:38:59	09049785	AL	ALARM
ROCKVILLE	08/16/2009 00:28:07	09046888	AL	ALARM
ROCKVILLE	08/23/2009 10:37:26	09048428	AL	ALARM
ROCKVILLE	08/14/2009 10:24:21	09046485	AL	ALARM
ROCKVILLE	08/07/2009 22:31:25	09045150	AL	ALARM
ROCKVILLE	08/28/2009 21:24:06	09049651	ANI	ANIMAL COMPLAINT
ROCKVILLE	08/30/2009 18:06:47	09050019	ASSTA	AGENCY ASSIST
ROCKVILLE	08/23/2009 18:21:09	09048493	ASSTA	AGENCY ASSIST
ROCKVILLE	08/07/2009 07:20:54	09044985	ASSTA	AGENCY ASSIST
ROCKVILLE	08/15/2009 10:06:37	09046735	ASSTA	AGENCY ASSIST
ROCKVILLE	08/09/2009 08:09:18	09045466	ASSTA	AGENCY ASSIST
ROCKVILLE	08/08/2009 12:36:55	09045260	ASSTP	PERSONAL ASSIST
ROCKVILLE	08/01/2009 20:46:13	09043923	ATV	ATV COMPLAINT
ROCKVILLE	08/16/2009 12:01:49	09046952	BURG	BURGLARY
ROCKVILLE	08/19/2009 18:01:20	09047590	CC	CITIZEN CONTACT
ROCKVILLE	08/19/2009 20:12:52	09047612	CONTR	CONTRACT
ROCKVILLE	08/19/2009 20:13:02	09047613	CONTR	CONTRACT
ROCKVILLE	08/19/2009 20:13:20	09047614	CONTR	CONTRACT
ROCKVILLE	08/20/2009 02:16:13	09047659	CONTR	CONTRACT
ROCKVILLE	08/18/2009 01:11:15	09047199	CONTR	CONTRACT
ROCKVILLE	08/18/2009 15:48:05	09047318	CONTR	CONTRACT
ROCKVILLE	08/16/2009 05:23:13	09046923	CONTR	CONTRACT
ROCKVILLE	08/17/2009 00:44:37	09047055	CONTR	CONTRACT
ROCKVILLE	08/24/2009 05:16:03	09048569	CONTR	CONTRACT
ROCKVILLE	08/24/2009 20:10:26	09048722	CONTR	CONTRACT
ROCKVILLE	08/25/2009 05:32:06	09048797	CONTR	CONTRACT
ROCKVILLE	08/23/2009 01:54:40	09048392	CONTR	CONTRACT
ROCKVILLE	08/20/2009 21:16:40	09047839	CONTR	CONTRACT
ROCKVILLE	08/22/2009 01:02:56	09048128	CONTR	CONTRACT
ROCKVILLE	08/22/2009 19:56:42	09048307	CONTR	CONTRACT
ROCKVILLE	08/31/2009 18:25:57	09050179	CONTR	CONTRACT
ROCKVILLE	08/30/2009 01:03:01	09049930	CONTR	CONTRACT
ROCKVILLE	08/29/2009 02:25:43	09049741	CONTR	CONTRACT
ROCKVILLE	08/26/2009 15:37:26	09049077	CONTR	CONTRACT
ROCKVILLE	08/28/2009 21:05:16	09049638	CONTR	CONTRACT
ROCKVILLE	08/27/2009 00:30:29	09049182	CONTR	CONTRACT
ROCKVILLE	08/27/2009 05:30:00	09049213	CONTR	CONTRACT
ROCKVILLE	08/02/2009 19:23:02	09044104	CONTR	CONTRACT
ROCKVILLE	08/01/2009 01:37:14	09043765	CONTR	CONTRACT
ROCKVILLE	08/03/2009 13:22:33	09044206	CONTR	CONTRACT
ROCKVILLE	08/04/2009 03:22:20	09044318	CONTR	CONTRACT
ROCKVILLE	08/04/2009 23:22:57	09044495	CONTR	CONTRACT
ROCKVILLE	08/05/2009 22:20:47	09044691	CONTR	CONTRACT
ROCKVILLE	08/08/2009 19:51:34	09045321	CONTR	CONTRACT
ROCKVILLE	08/09/2009 03:54:06	09045453	CONTR	CONTRACT
ROCKVILLE	08/07/2009 22:51:49	09045152	CONTR	CONTRACT
ROCKVILLE	08/08/2009 10:43:12	09045240	CONTR	CONTRACT
ROCKVILLE	08/07/2009 15:04:58	09045054	CONTR	CONTRACT
ROCKVILLE	08/07/2009 00:46:32	09044959	CONTR	CONTRACT
ROCKVILLE	08/06/2009 05:03:15	09044729	CONTR	CONTRACT
ROCKVILLE	08/09/2009 20:52:05	09045558	CONTR	CONTRACT
ROCKVILLE	08/11/2009 15:01:52	09045853	CONTR	CONTRACT
ROCKVILLE	08/15/2009 19:18:26	09046819	CONTR	CONTRACT
ROCKVILLE	08/14/2009 22:20:05	09046623	CONTR	CONTRACT

City	Date Received	Call Number	Complaint	Description
ROCKVILLE	08/15/2009 01:47:54	09046688	CONTR	CONTRACT
ROCKVILLE	08/13/2009 02:58:26	09046217	CONTR	CONTRACT
ROCKVILLE	08/14/2009 01:45:16	09046428	CONTR	CONTRACT
ROCKVILLE	08/11/2009 21:04:12	09045917	CONTR	CONTRACT
ROCKVILLE	08/12/2009 23:22:06	09046187	CONTR	CONTRACT
ROCKVILLE	08/20/2009 11:54:48	09047720	DOG	DOG COMPLAINT/BARKING
ROCKVILLE	08/06/2009 21:27:20	09044922	DOMI	DOMESTIC IN PROGRESS
ROCKVILLE	08/01/2009 23:40:45	09043963	DRIVE	DRIVING COMPLAINT
ROCKVILLE	08/10/2009 22:48:53	09045737	DRIVE	DRIVING COMPLAINT
ROCKVILLE	08/21/2009 19:42:22	09048034	DRIVE	DRIVING COMPLAINT
ROCKVILLE	08/31/2009 13:50:02	09050132	DRIVE	DRIVING COMPLAINT
ROCKVILLE	08/30/2009 15:20:42	09050001	DWI	DRUNK DRIVER ARREST
ROCKVILLE	08/29/2009 21:57:34	09049871	DWI	DRUNK DRIVER ARREST
ROCKVILLE	08/12/2009 23:42:07	09046191	DWI	DRUNK DRIVER ARREST
ROCKVILLE	08/29/2009 03:32:45	09049748	FIGHT	FIGHT PHYSICAL
ROCKVILLE	08/12/2009 08:58:22	09045987	FUP	FOLLOW UP
ROCKVILLE	08/11/2009 13:22:51	09045839	FUP	FOLLOW UP
ROCKVILLE	08/08/2009 22:49:59	09045371	GUN	GUN/PERSON WITH
ROCKVILLE	08/15/2009 20:31:13	09046832	HAZ	HAZARD
ROCKVILLE	08/02/2009 11:05:23	09044042	INFO	MATTER OF INFORMATION
ROCKVILLE	08/21/2009 09:17:43	09047918	INFO	MATTER OF INFORMATION
ROCKVILLE	08/07/2009 07:20:18	09044984	JUVP	JUVENILE/PROBLEM WITH
ROCKVILLE	08/29/2009 20:10:07	09049838	LM	LOUD MUSIC
ROCKVILLE	08/24/2009 13:58:57	09048653	MA	MOTORIST ASSIST
ROCKVILLE	08/03/2009 13:31:30	09044208	MA	MOTORIST ASSIST
ROCKVILLE	08/09/2009 22:03:03	09045568	MA	MOTORIST ASSIST
ROCKVILLE	08/23/2009 09:52:52	09048424	MAIL	MAILBOX VANDALISM
ROCKVILLE	08/22/2009 22:38:28	09048348	MAIL	MAILBOX VANDALISM
ROCKVILLE	08/17/2009 18:59:12	09047154	MED	MEDICAL EMERGENCY
ROCKVILLE	08/25/2009 18:28:35	09048921	MED	MEDICAL EMERGENCY
ROCKVILLE	08/30/2009 00:13:20	09049919	NOISE	NOISE COMPLAINT
ROCKVILLE	08/20/2009 17:48:50	09047787	PAPSV	PAPER SERVICE
ROCKVILLE	08/19/2009 14:19:59	09047555	PAPSV	PAPER SERVICE
ROCKVILLE	08/13/2009 12:04:23	09046286	PAPSV	PAPER SERVICE
ROCKVILLE	08/12/2009 13:57:01	09046051	PAPSV	PAPER SERVICE
ROCKVILLE	08/12/2009 14:26:57	09046064	PAPSV	PAPER SERVICE
ROCKVILLE	08/07/2009 20:27:06	09045119	PAPSV	PAPER SERVICE
ROCKVILLE	08/08/2009 10:39:34	09045239	PAPSV	PAPER SERVICE
ROCKVILLE	08/25/2009 12:02:22	09048862	PHONE	PHONE COMPLAINT
ROCKVILLE	08/01/2009 00:07:57	09043721	STALL	STALLED VEHICLE
ROCKVILLE	08/06/2009 05:20:43	09044733	STENF	SELECTIVE TRAFFIC ENFORCEME
ROCKVILLE	08/13/2009 18:20:33	09046353	SUSA	SUSPICIOUS ACTIVITY
ROCKVILLE	08/06/2009 20:34:32	09044912	SUSP	SUSPICIOUS PERSON
ROCKVILLE	08/22/2009 01:15:04	09048131	SUSP	SUSPICIOUS PERSON
ROCKVILLE	08/27/2009 00:10:11	09049177	SUSV	SUSPICIOUS VEHICLE
ROCKVILLE	08/05/2009 11:35:39	09044555	SUSV	SUSPICIOUS VEHICLE
ROCKVILLE	08/05/2009 22:45:22	09044694	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/04/2009 05:53:26	09044330	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/03/2009 00:40:35	09044141	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/01/2009 10:46:13	09043830	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/01/2009 10:46:36	09043831	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/06/2009 08:09:45	09044744	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/08/2009 20:21:13	09045325	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/12/2009 21:49:40	09046170	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/11/2009 21:34:47	09045920	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/09/2009 22:08:07	09045570	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/09/2009 22:25:54	09045576	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/09/2009 23:14:15	09045583	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/09/2009 20:56:15	09045560	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/11/2009 17:56:12	09045883	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/09/2009 19:35:41	09045542	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/10/2009 22:10:07	09045728	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/29/2009 17:27:06	09049814	Traffic Stop	TRAFFIC STOP

<u>City</u>	<u>Date Received</u>	<u>Call Number</u>	<u>Complaint</u>	<u>Description</u>
ROCKVILLE	08/29/2009 17:50:29	09049816	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/27/2009 21:00:56	09049370	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/27/2009 21:50:23	09049383	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/28/2009 00:58:52	09049432	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/29/2009 23:05:23	09049895	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/29/2009 21:28:49	09049862	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/29/2009 20:53:48	09049848	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/22/2009 01:40:52	09048139	TRAFFIC STOP	TRAFFIC STOP
ROCKVILLE	08/21/2009 19:59:17	09048036	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/21/2009 22:17:27	09048081	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/18/2009 15:27:38	09047314	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/16/2009 10:15:40	09046941	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/16/2009 18:06:16	09047004	Traffic Stop	TRAFFIC STOP
ROCKVILLE	08/26/2009 14:43:31	09049068	TRES	TRESPASSING/TRESPASSER
ROCKVILLE	08/28/2009 01:40:14	09049437	UNK	UNKNOWN - NO INFO AVAILABLE
ROCKVILLE	08/09/2009 11:12:17	09045479	VANDV	VANDALISM TO VEHICLE
ROCKVILLE	08/14/2009 02:34:33	09046439	VDITCH	VEHICLE IN THE DITCH
ROCKVILLE	08/21/2009 11:38:11	09047939	WARRANT	WARRANT
ROCKVILLE	08/16/2009 16:17:12	09046988	WATV	WATERCRAFT VIOLATION
ROCKVILLE	08/09/2009 15:57:10	09045518	WATV	WATERCRAFT VIOLATION
ROCKVILLE	08/16/2009 06:38:18	09046926	WELF	WELFARE CHECK
ROCKVILLE	08/23/2009 11:07:43	09048433	XPAT	EXTRA PATROL
ROCKVILLE	08/01/2009 08:05:54	09043805	XPAT	EXTRA PATROL

ROCKVILLE CONTRACT - AUG 2009

<u>Actual Incid</u>	<u>City</u>	<u>Date Received</u>	<u>Comp</u>	<u>Call Number</u>	<u>Complaint</u>	<u>First Unit</u>
ROCKVILLE		08/01/2009 01:37:14	02:38:22	09043765	CONTR	2563
ROCKVILLE		08/02/2009 19:23:02	20:23:09	09044104	CONTR	2576
ROCKVILLE		08/03/2009 13:22:33	14:35:29	09044206	CONTR	2556
ROCKVILLE		08/04/2009 03:22:20	04:26:45	09044318	CONTR	2573
ROCKVILLE		08/04/2009 23:22:57	00:23:00	09044495	CONTR	2569
ROCKVILLE		08/05/2009 22:20:47	23:25:32	09044691	CONTR	2540
ROCKVILLE		08/06/2009 05:03:15	06:32:25	09044729	CONTR	2565
ROCKVILLE		08/07/2009 00:46:32	01:47:12	09044959	CONTR	2553
ROCKVILLE		08/07/2009 15:04:58	16:03:31	09045054	CONTR	2541
ROCKVILLE		08/07/2009 22:51:49	01:33:17	09045152	CONTR	2575
ROCKVILLE		08/08/2009 10:43:12	11:52:20	09045240	CONTR	2541
ROCKVILLE		08/08/2009 19:51:34	20:53:06	09045321	CONTR	2576
ROCKVILLE		08/09/2009 03:54:06	04:55:35	09045453	CONTR	2559
ROCKVILLE		08/09/2009 20:52:05	21:59:34	09045558	CONTR	2581
ROCKVILLE		08/11/2009 15:01:52	16:02:35	09045853	CONTR	2551
ROCKVILLE		08/11/2009 21:04:12	22:12:29	09045917	CONTR	2574
ROCKVILLE		08/12/2009 23:22:06	06:38:06	09046187	CONTR	2540
ROCKVILLE		08/13/2009 02:58:26	03:59:27	09046217	CONTR	2544
ROCKVILLE		08/14/2009 01:45:16	04:15:10	09046428	CONTR	2544
ROCKVILLE		08/14/2009 22:20:05	23:23:01	09046623	CONTR	2547
ROCKVILLE		08/15/2009 01:47:54	02:48:35	09046688	CONTR	2553
ROCKVILLE		08/15/2009 19:18:26	20:25:39	09046819	CONTR	2579
ROCKVILLE		08/16/2009 05:23:13	06:24:36	09046923	CONTR	2559
ROCKVILLE		08/17/2009 00:44:37	01:44:34	09047055	CONTR	2565
ROCKVILLE		08/18/2009 01:11:15	02:34:07	09047199	CONTR	2575
ROCKVILLE		08/18/2009 15:48:05	16:59:49	09047318	CONTR	2541
ROCKVILLE		08/19/2009 20:12:52	21:25:10	09047612	CONTR	2547
ROCKVILLE		08/19/2009 20:13:02	21:25:17	09047613	CONTR	2547
ROCKVILLE		08/19/2009 20:13:20	21:23:17	09047614	CONTR	2547
ROCKVILLE		08/20/2009 02:16:13	03:17:51	09047659	CONTR	2566
ROCKVILLE		08/20/2009 21:16:40	22:21:41	09047839	CONTR	2547
ROCKVILLE		08/22/2009 01:02:56	02:06:51	09048128	CONTR	2544
ROCKVILLE		08/22/2009 19:56:42	20:58:12	09048307	CONTR	2572
ROCKVILLE		08/23/2009 01:54:40	03:12:22	09048392	CONTR	2562
ROCKVILLE		08/24/2009 05:16:03	06:17:23	09048569	CONTR	2559
ROCKVILLE		08/24/2009 20:10:26	21:15:48	09048722	CONTR	2567
ROCKVILLE		08/25/2009 05:32:06	06:46:22	09048797	CONTR	2554
ROCKVILLE		08/26/2009 15:37:26	16:38:14	09049077	CONTR	2542
ROCKVILLE		08/27/2009 00:30:29	02:09:13	09049182	CONTR	2562
ROCKVILLE		08/27/2009 05:30:00	06:34:17	09049213	CONTR	2573
ROCKVILLE		08/28/2009 21:05:16	22:09:07	09049638	CONTR	2572
ROCKVILLE		08/29/2009 02:25:43	04:08:51	09049741	CONTR	2573
ROCKVILLE		08/30/2009 01:03:01	02:10:40	09049930	CONTR	2566
ROCKVILLE		08/31/2009 18:25:57	19:36:42	09050179	CONTR	2576

What you need to know about novel H1N1 flu

What is H1N1?

Novel H1N1 influenza is a respiratory illness caused by a virus. Last April, this entirely new (novel) strain of flu arrived in the United States and quickly became widespread, making many people sick. It also spread quickly around the world. By early June, the World Health Organization declared the first global influenza pandemic in over 40 years.

What is happening with H1N1 now? What do we know about it?

While the disease appears to be waning in Minnesota and in other parts of the U.S., it is still very much with us. It is making lots of people sick in the southern hemisphere now. So far, for most people, the illnesses caused by H1N1 have been relatively mild. Unlike regular, seasonal influenza, this flu seems to affect more young adults and children than the elderly. Others most at risk for severe illness from this flu appear to be pregnant women and people with underlying medical conditions such as asthma or diabetes.

What is likely to happen with H1N1 in the future?

Influenza is a very unpredictable virus because it changes relatively rapidly. This new influenza could just go away in the fall. It could stay around, but continue to behave like regular, "seasonal" flu. The virus may also change enough so that it begins to cause more severe illness, like the deadly pandemic strain that swept around the world in 1918.

Most scientists now expect that we will see a second wave of H1N1 with more illnesses in the fall. But we don't know whether it will be more severe, like the strain of 1918, or not. If it is, the result could be widespread illness, many

deaths and extensive social disruption. Even if it does not become more severe, if novel H1N1 influenza causes illness at the same time as seasonal influenza, the health care system could be overwhelmed. If the novel H1N1 influenza becomes more severe, then normal everyday activities could also be severely disrupted. There may be restrictions on travel and public gatherings. People may be asked to stay home from work or school for a period of time, even if they are not ill. To face such challenges, we all need to be prepared – and we need to be preparing now.

How can I prepare for it?

Make a plan: Plan what you will do if you or others in your family become ill or if schools or workplaces close for an extended time. This includes keeping important medical and emergency information handy and updated.

Make an emergency kit: Fill boxes or plastic bins with everything you need to stay home for two weeks. For a list of things to put in such a kit and to learn more about preparing for a pandemic, visit the Minnesota Department of Health (MDH) Web site and search for "Individual and Family Preparedness."

Will there be a vaccine against novel H1N1?

National and international health authorities are working urgently with vaccine manufacturers to develop and produce H1N1 vaccine. While they are close to having one or more vaccines ready, they must go through clinical trials to make sure they are safe. The federal government estimates that a vaccine will be ready sometime in October or November.

-See page 2-



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625 N. Robert St.
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-4989
www.health.state.mn.us

What you need to know about novel H1N1 flu – page 2

Who should get the H1N1 vaccine?

Once a vaccine is ready, there may not be enough of it at first for everyone who wants it. In that case, it will be important for those who are most at risk for severe illness or who would most likely spread influenza to others to receive vaccine. Those would include pregnant women, people who live with or care for children under 6 months of age, children and young adults, health care and emergency services personnel and people who have underlying health conditions. Recommendations may change as more information becomes available about H1N1 and vaccine. At this point in time, we think it is likely that two doses of the novel H1N1 vaccine will be recommended. For more details on novel H1N1 vaccine, visit the MDH or CDC Web sites.

Should I get the seasonal flu shot?

Will the seasonal flu vaccine also protect against novel H1N1?

The usual seasonal influenza viruses are still expected to cause illness this fall and winter. We expect the seasonal vaccine to be available earlier than the novel H1N1 vaccine. Because seasonal influenza can be a serious disease, we encourage individuals to get their seasonal flu vaccine as soon as it is available. The seasonal flu vaccine is not expected to protect against the novel H1N1 flu.

How can I help prevent the spread of H1N1?

Like other influenza, H1N1 spreads when a person with flu coughs or sneezes or by touching something with flu viruses on it and then touching your eyes, nose or mouth. There are some simple, important things you can do to protect yourself and those around you:

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the waste basket.

- If you don't have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep, and exercise.

How will I know if I have H1N1?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases people have also experienced diarrhea and vomiting, body aches and headaches

What should I do if I get it?

If you become ill with influenza-like symptoms, you should:

- Call your health care provider to determine if you need to be evaluated.
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

Can antivirals be used to treat H1N1?

Antiviral drugs are prescription medicines (pills, liquid or an inhaled medicine) 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. This fall, antivirals may be prioritized for persons with severe illness or those at higher risk for flu complications.

For more information:

www.health.state.mn.us or www.cdc.gov

Be Red Cross Ready

Flu Checklist

Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Know the Difference

Seasonal Flu—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death.

Epidemic—The rapid spread of a disease that affects some or many people in a community or region at the same time.

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H1N1 Influenza (swine flu)—H1N1 influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 influenza, but human infections can and do happen. H1N1 influenza viruses have been reported to spread from person-to-person.

Avian Influenza—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

What should I do to avoid getting sick?



A flu vaccine is available in the U.S. every year. Get your flu shot as soon as it is available for the best chance of protection.

- Always practice good health habits to maintain your body's resistance to infection.
 - Eat a balanced diet.
 - Drink plenty of fluids.
 - Exercise daily.
 - Manage stress.
 - Get enough rest and sleep.
- Take these common sense steps to stop the spread of germs:
 - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
 - Avoid or minimize contact with sick people (a minimum three feet distancing is recommended).
 - Avoid touching your eyes, nose and mouth.
 - Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
 - Stay away from others as much as possible when you are sick.
- Adopt business/school practices that encourage employees/students to stay home when sick.
- Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

Are you considered high risk for flu-related complications?

- The following groups of people are at an increased risk: people age 50 or older, pregnant women, people with chronic medical conditions, children age 6 months and older and people who live with or care for anyone at high risk.
- People at high risk should have their vaccinations updated every year and receive pneumococcal pneumonia vaccine if age 50 or older, as directed by their physician.

Do I have the flu?



Be aware of common flu symptoms:

- High fever
- Severe body aches
- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*

Diagnosing the flu:

- It may be difficult to tell if you are suffering from the flu or another illness.
- Your health care provider may be able to tell you if you have the flu.
- If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

Potential risks and serious complications of the flu:

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

What should I do when someone is sick?



- Designate one person as the caregiver.
- Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.

Terminology defined

Immunity to a disease is defined by the presence of antibodies to that disease in a person's system. Most people have some resistance to infections, either after they recover from an illness or through vaccination. Seasonal flu viruses change over time and immunity to them cannot be acquired unless vaccination is administered.

Quarantine is the physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

Isolation is a state of separation between persons or groups to prevent the spread of disease.

Social distancing is a practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.

What you need to know about novel H1N1 flu

What is H1N1?

Novel H1N1 influenza is a respiratory illness caused by a virus. Last April, this entirely new (novel) strain of flu arrived in the United States and quickly became widespread, making many people sick. It also spread quickly around the world. By early June, the World Health Organization declared the first global influenza pandemic in over 40 years.

What is happening with H1N1 now? What do we know about it?

While the disease appears to be waning in Minnesota and in other parts of the U.S., it is still very much with us. It is making lots of people sick in the southern hemisphere now. So far, for most people, the illnesses caused by H1N1 have been relatively mild. Unlike regular, seasonal influenza, this flu seems to affect more young adults and children than the elderly. Others most at risk for severe illness from this flu appear to be pregnant women and people with underlying medical conditions such as asthma or diabetes.

What is likely to happen with H1N1 in the future?

Influenza is a very unpredictable virus because it changes relatively rapidly. This new influenza could just go away in the fall. It could stay around, but continue to behave like regular, "seasonal" flu. The virus may also change enough so that it begins to cause more severe illness, like the deadly pandemic strain that swept around the world in 1918.

Most scientists now expect that we will see a second wave of H1N1 with more illnesses in the fall. But we don't know whether it will be more severe, like the strain of 1918, or not. If it is, the result could be widespread illness, many

deaths and extensive social disruption. Even if it does not become more severe, if novel H1N1 influenza causes illness at the same time as seasonal influenza, the health care system could be overwhelmed. If the novel H1N1 influenza becomes more severe, then normal everyday activities could also be severely disrupted. There may be restrictions on travel and public gatherings. People may be asked to stay home from work or school for a period of time, even if they are not ill. To face such challenges, we all need to be prepared – and we need to be preparing now.

How can I prepare for it?

Make a plan: Plan what you will do if you or others in your family become ill or if schools or workplaces close for an extended time. This includes keeping important medical and emergency information handy and updated.

Make an emergency kit: Fill boxes or plastic bins with everything you need to stay home for two weeks. For a list of things to put in such a kit and to learn more about preparing for a pandemic, visit the Minnesota Department of Health (MDH) Web site and search for "Individual and Family Preparedness."

Will there be a vaccine against novel H1N1?

National and international health authorities are working urgently with vaccine manufacturers to develop and produce H1N1 vaccine. While they are close to having one or more vaccines ready, they must go through clinical trials to make sure they are safe. The federal government estimates that a vaccine will be ready sometime in October or November.

-See page 2-



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www.health.state.mn.us

What you need to know about novel H1N1 flu – page 2

Who should get the H1N1 vaccine?

Once a vaccine is ready, there may not be enough of it at first for everyone who wants it. In that case, it will be important for those who are most at risk for severe illness or who would most likely spread influenza to others to receive vaccine. Those would include pregnant women, people who live with or care for children under 6 months of age, children and young adults, health care and emergency services personnel and people who have underlying health conditions. Recommendations may change as more information becomes available about H1N1 and vaccine. At this point in time, we think it is likely that two doses of the novel H1N1 vaccine will be recommended. For more details on novel H1N1 vaccine, visit the MDH or CDC Web sites.

Should I get the seasonal flu shot?

Will the seasonal flu vaccine also protect against novel H1N1?

The usual seasonal influenza viruses are still expected to cause illness this fall and winter. We expect the seasonal vaccine to be available earlier than the novel H1N1 vaccine. Because seasonal influenza can be a serious disease, we encourage individuals to get their seasonal flu vaccine as soon as it is available. The seasonal flu vaccine is not expected to protect against the novel H1N1 flu.

How can I help prevent the spread of H1N1?

Like other influenza, H1N1 spreads when a person with flu coughs or sneezes or by touching something with flu viruses on it and then touching your eyes, nose or mouth. There are some simple, important things you can do to protect yourself and those around you:

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the waste basket.

- If you don't have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep, and exercise.

How will I know if I have H1N1?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases people have also experienced diarrhea and vomiting, body aches and headaches

What should I do if I get it?

If you become ill with influenza-like symptoms, you should:

- Call your health care provider to determine if you need to be evaluated.
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

Can antivirals be used to treat H1N1?

Antiviral drugs are prescription medicines (pills, liquid or an inhaled medicine) 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. This fall, antivirals may be prioritized for persons with severe illness or those at higher risk for flu complications.

For more information:

www.health.state.mn.us or www.cdc.gov

Be Red Cross Ready

Flu Checklist

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For more information on disaster and emergency preparedness, visit RedCross.org.

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REQUEST FOR COUNCIL ACTION

Originating Department: Parks and Rec Requested By: Scott Stenseth/Amy Goerger Date: 09/09/09

Please approve \$191.33 of Designated Funds from the Eagle Park Development Fund to be used to install new sign donated by 1st National Bank of Cold Spring and to amend budget to match.

Expense Account E 202-45122-220 \$191.33

Budget E 202-45122-220 Was \$0.00 Amended \$200.00

Motion by: _____ 2nd by: _____ Vote: _____