

# WHAT NURSES CAN DO ABOUT H1N1: BE PREPARED!

**Be Personally Prepared!** Have a personal preparedness plan, and communicate it with your friends, family, and those who depend on you. Keep essential supplies (e.g. food, medications, drinking water) at home for you, your family/dependants, and pets. Establish an emergency communication plan.

**Get Immunized!** ONA strongly recommends that you, as a health care worker, be immunized for H1N1 and for seasonal influenza when available to protect you, your patients and your family members.

**Protect Yourself!** Follow your employer's guidelines for infection control.

- Wash Your Hands for 20 Seconds or use Alcohol-Based Gel
- Cover Your Cough with Your Sleeve or Tissue
- Stay Home if You are Sick
- Wear Personal Protective Equipment (PPE) at Work.

**Know your role in your employer's Pandemic Flu (H1N1) disaster plan!** All health care organizations must have a disaster/emergency response plan. ONA encourages nurses to be oriented to their health care organization's plan, and become aware of what their roles will be in a disaster situation. If you do not know about your facility's emergency preparedness plan contact the infection control or employee health dept.

## **Assist to Educate and Reassure Patients and Communities!**

Situations like a pandemic can invoke much anxiety, as the unknowns and the fears of how the pandemic will affect the nation are numerous. Nurses should be competent in the information and public health data that is released by CDC and Oregon public health organizations, and use this knowledge to help others read through the scary sounding words and statistics.

**Be a volunteer responder!** The ONA encourages nurses that think they want to be volunteer responders to do so by registering with an organized emergency response team such as State Emergency Registry of Volunteers in Oregon (SERV-OR) <https://serv-or.org/VolunteerMobilizer/>. Be sure to discuss the decision to commit to a registry with your employer and your family/dependants.

## **Information:**

**Oregon Public Health Division: [www.flu.oregon.gov](http://www.flu.oregon.gov)**

**Oregon Public Health Hotline: 1-800-978-3040**

**Oregon County Health Departments:  
[www.oregon.gov/DHS/ph/lhd/lhd.shtml](http://www.oregon.gov/DHS/ph/lhd/lhd.shtml)**

**Federal pandemic H1N1 flu information: [www.flu.gov](http://www.flu.gov)**

**Centers for Disease Control (CDC) <http://www.cdc.gov/h1n1flu/>**

**ONA: [www.oregonrn.org](http://www.oregonrn.org) or email [enos@oregonrn.org](mailto:enos@oregonrn.org)**

Note as of Sept 10, 2009, Oregon OSHA states that if your employer (in Oregon) requires you to wear an N95 respirator or other filtering facepiece to minimize the spread of the pandemic H1N1 virus, then the employer is not required to offer medical evaluations or respirator fit testing. This is a temporary 'rule' and applies to protection related to H1N1 influenza only.

