



## H1N1 (Swine Flu) Update

The Kentucky Department for Public Health (DPH) has been working diligently to ensure that the citizens of Kentucky are protected from the current swine flu pandemic that began in April of 2009.

Local health departments have been holding flu vaccine clinics in communities across the state and vaccine is now widely available for all at health care providers.

A state hotline number was established for residents to call with questions concerning swine flu and where to locate

vaccine clinics. The hotline will remain active as long as it is needed. The toll-free flu hotline number is **1-877-843-7727**. Current information on swine flu is also available at <http://healthalerts.ky.gov>.

While current flu activity level has slowed in Kentucky, health officials caution residents that the pandemic may not be over and a possible third wave could occur within the next few months.

Symptoms of flu include fever, headache, tiredness, dry cough, sore throat, runny or

stuffy nose and muscle aches.

Prevent the spread of flu with common sense and good hygiene. Follow these tips to avoid flu:

- Wash hands in warm, soapy water for 15-20 seconds.
- Cover your cough or sneeze.
- Stay home if you are sick and contact your health care provider.
- Get both a seasonal and H1N1 swine flu shot where available.
- Stay informed.

## 2009 Fall KOIN Workshop

Thank you to all KOIN members who were able to participate in the annual fall workshop held on Sept. 11.

This year's workshop was different from those in the past, as it was held via interactive television (ITV) at various sites across the state. Unfortunately, we experienced a bit of communication failure in the system that day.

The primary focus of the meeting was to build KOIN capacity at the local level and encourage relationship building between the local health department staff and local KOIN members in various regions across the state.

The annual meeting had a total of 91 participants.

Presentations at the workshop addressed H1N1 (swine flu) informational update, national recognition the KOIN has earned, how KOIN members have influenced and contributed to KOIN activities and accomplishments, data and key findings from the 2009 winter ice storm survey and the updated KOIN Training Video

DVD and accompanying User's Guide.

KOIN members were also provided with personal preparedness tips and information.

Hope to see everyone again at this year's fall workshops!

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# Carbon Monoxide—A Silent Killer

With winter's arrival also comes the danger of accidental carbon monoxide (CO) poisoning from improper use of alternative heating sources.

Alternative power sources such as generators, kerosene heaters and charcoal or gas grills used during power outages during winter months can cause a build-up of carbon monoxide, a colorless, odorless and tasteless gas.

Symptoms of carbon monoxide poisoning include headache, fatigue, dizziness, impaired vision, drowsiness, nausea, vomiting, chest pain, loss of coordination and confusion. Seek medical attention immediately if you suspect you are experiencing these symptoms.

### Safety Tips for Portable Generator Use

- Follow manufacturer's instructions carefully for your model.
- Never operate a generator inside a home,

garage or partially enclosed space, even if doors and windows are open.

- Operate a generator at least 25 feet from your home, far away from windows, doors and vents.
- Secure the generator with a steel link chain and lock to prevent theft.
- Ensure the generator is properly grounded and use a ground fault circuit interrupter (GFCI) to prevent electrocution. Do not overload the generator.
- Use a heavy-duty outdoor-rated extension cord free of cuts that has three prongs, especially a grounding pin.

### Safety Tips for Kerosene Heater Use

- Follow manufacturer's instructions carefully for your model.
- Ensure the wick is set at proper level and that it is clean.
- Operate a kerosene heater in a well-vented area, leaving a door or window open to properly vent the area.

• Install battery-operated carbon monoxide detectors in your home and replace batteries regularly. Leave your home immediately if the detector alarm sounds and dial 911.

- Use only 1-K grade kerosene fuel. Colored or cloudy kerosene will emit an odor and smoke when burned. It will also gum up the wick.
- Never refuel heaters inside the home and do not fill over the "full" mark.
- Never attempt to move a lighted kerosene heater as it could cause burns.
- Place several feet away from furniture, curtains, paper, clothes and bedding to avoid risk of fire. Also keep children and pets away from heaters.

### Additional Safety Tips

- Never use a charcoal or propane gas grill or portable propane heater inside your house for heat. These devices emit carbon monoxide and could be deadly.

## Pictogram Work for Carbon Monoxide Dangers

The Cabinet for Health and Family Services/Kentucky Department for Public Health is currently developing pictograms to assist with conveying carbon monoxide poisoning prevention messages to residents in Kentucky who may have difficulty reading or understanding English.

The pictograms will discuss important safety information such as:

- Facts about carbon monoxide
- What can carbon monoxide do to you?
- What should you do if you get sick?
- How will you know if carbon monoxide is in your home?
- Proper tips to follow for staying warm.

KOIN members will assist us with this project by participating in focus group testing the pictograms that were recently developed to see if they accurately convey the correct messaging. If your organization is interested in assist-

ing us with this, please contact Barbara Fox, KOIN Coordinator, at Barbara.J.Fox@ky.gov or call (502) 564-6786, Ext. 4411.

As always, thank you for your continued support of the KOIN.

### Emergency Email Alerts

Would you like to receive email alerts related to emergencies such as severe weather, national security, Amber alerts, etc.? Visit [www.emergencyemail.org](http://www.emergencyemail.org) today to sign up for the alerts you would like to receive.

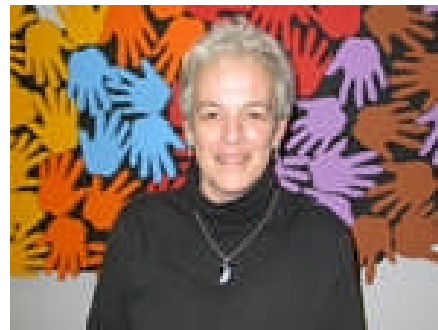
### KOIN Member Winter Preparedness Tips

- Leave all water taps slightly open so they drip continuously to avoid frozen pipes.
- Eat balanced meals and drink warm beverages to help maintain your body temperature.
- Dress warmly with several layers of loose clothing and remove layers when you feel too warm.
- Don't overexert yourself when shoveling snow or performing hard work in the cold.

# Talking With a KOIN Member....Rowena Holloway

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We are happy to spotlight Rowena Holloway in this edition of our newsletter. Rowena is a valuable KOIN member and serves as an Internal Policy Analyst with the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH). Now let's find out more about Rowena.



**Rowena Holloway**

## **Tell us about your job.**

My duties as an Internal Policy Analyst III include monitoring contracts, regulations and legislation for KCDHH, researching new technology for the Telecommunications Access Program (TAP), completing technical writing assignments, assisting with the production of DeaFestival and serving on a variety of boards and committees to carry out the legislative mandates of the agency.

## **What do you like about your job?**

I love working at KCDHH because of the staff and consumers we serve. Every day some new challenge appears that dares us to "think outside of the box" and together we can find a solution that allows us to improve the lives of deaf and hard of hearing individuals across the state. I have truly enjoyed learning American Sign Language (ASL) and hope to become a certified interpreter soon.

## **What is your favorite hobby or past time?**

I like the country and love being outside tending the plants in my yard. I also love photography and animals.

## **What is your favorite food?**

I love all kinds of foods, but really enjoy fresh summer fruits and vegetables. In the winter, it's comfort foods such as homemade soups and bread.

## **Why are you a KOIN member?**

Our agency joined KOIN to ensure that the needs of the community we serve were met. However, I have remained the representative because I enjoy learning about how to improve services for all citizens during a crisis and educating people on how to prepare for emergencies. If we are not prepared, then we are all immobilized when a disaster occurs.

## Free Public Health Preparedness Materials Available!

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All materials that we have in stock are available to KOIN members for free of charge. If you are interested in obtaining any of the following materials, please contact Barbara Fox, KOIN Coordinator, at [BarbaraJ.Fox@ky.gov](mailto:BarbaraJ.Fox@ky.gov) or call (502) 564-6786, Ext. 4411. When requesting materials, please provide the name of the material(s), the quantity requested and a mailing address.

### Free Materials Available:

- Folding Pandemic Flu Brochure (English and Spanish versions available)
- Stop the Spread of Flu Fingertip Cards (English and Spanish versions available)
- Protect the Ones You Love: Get Vaccinated Against Flu Fingertip Cards (English and Spanish versions available)
- Be Safe. Be Prepared. Children's Emergency Preparedness Coloring Book
- Emergency Preparedness Refrigerator Magnet (English, Spanish and Braille versions available)
- Updated KOIN Training Video DVD with Accompanying User's Manual
- KOIN ID Badges
- Kentucky Emergency Guide Folding Pocket Card
- Prevent. Prepare. Cope. Kentucky Department for Public Health Brochure (English and Spanish versions available)
- Updated Kentucky Department for Public Health Brochure with Pictograms

Quantities are limited so please send your requests in as soon as possible.

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Cabinet for Health and Family Services  
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Frankfort, KY 40621

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Fax: 502-564-0274  
E-mail: [BarbaraJ.Fox@ky.gov](mailto:BarbaraJ.Fox@ky.gov)



**HELPFUL EMERGENCY CONTACT INFO:**

**How to Get Help/Medical Emergency - Dial 911**

**Poison Control Hotline - 800-222-1222**

**Disease Reporting Hotline - 800-973-7678**

**Division of Emergency Management -  
800-255-2587 or 502-607-1611**

**KY Dept. for Public Health - 502-564-3970**

**Cabinet for Health and Family Services Office of  
Communications - 502-564-6786**

**We're on the Web!**  
**<http://chfs.ky.gov/KOIN>**

***Please Remember.....***

The KOIN network is a two-way communication tool. When a KOIN message is sent out to KOIN members, we would like to hear back from you. During emergencies, resources and services may be unavailable to residents. While the KOIN cannot guarantee that these services will be restored quickly, the network would like to know your communities needs are being met, especially concerning the needs of vulnerable population groups. It only takes a few seconds to drop us a note. We'd be most appreciative if we'd hear back from you!

