



## EMPLOYEE NEWS

Governor M. Jodi Rell

Commissioner Peter H. O'Meara

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### Preventive Measures Swine Influenza (H1N1)

The Department of Developmental Services (DDS) in conjunction with the Governor M. Jodi Rell's Office and the Connecticut Department of Public Health (DPH) are closely monitoring the Swine Influenza cases that have been reported in Mexico and various U.S. states.

DDS reminds all employees and private providers to follow universal precautions and to notify appropriate medical personnel if they have any health concerns about an individual.

For the most recent updates and information regarding Swine Flu, Visit any of the following websites:

[www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch) <<http://www.ct.gov/ctfluwatch>> [www.cdc.gov/H1N1](http://www.cdc.gov/H1N1)

Visit the DDS website at: [www.ct.gov/dds](http://www.ct.gov/dds)

#### Preventive Measures to Protect Consumers and You

Swine flu is thought to spread the same person-to-person way that seasonal flu is spread- through coughing or sneezing or by touching something with flu virus and then touching your eyes, mouth, or nose.

#### Key to stopping or slowing the spread of this disease is to practice healthy habits and good infection control

- Stay informed
- Wash hands frequently with soap and water for at least 20 seconds
- Use hand sanitizer when hands cannot be washed
- Practice cough hygiene- cough or sneeze into a Kleenex or into your sleeve and not your hands
- Use universal precautions as appropriate
- If you are sick act responsibly
- Review infection control plans and revise as necessary. Everyone should know what to do during an infectious disease outbreak.
- Identify those consumers who are at increased risk due to the presence of respiratory or heart disease, diabetes, etc. and identify other possible preventive measures
- Promptly Report Signs of Consumers Illness
- Know the baseline health status of the consumer
- Be alert for changes that may be signs of the flu (sneezing, coughing, elevated temperature, lack of appetite, vomiting, and/or diarrhea)
- Promptly report those signs to the RN for follow-up with the person's health care provider
- Avoid use of the Emergency Department for verification of swine flu as this will overburden the emergency health care system
- Report illness to agency administrator and to Regional Director of Health Services (private) and Public Service Nursing Director (public)

**Be Aware**

**Be Safe**

## National Nurses Week, May 6-12th

Annually, National Nurses Week begins on May 6, marked as RN Recognition Day, and ends on May 12, the birthday of Florence Nightingale, founder of nursing as a modern profession. The Department of Developmental Services (DDS) recognizes all that Nurses do to keep our agency running smoothly and our clients healthy. DDS wish's *all* Nurses a *Wonderful National Nurses Week!*



### Life Strategies for Empowerment Part II By Gwen Kesten, Ph.D., EAP Coordinator

Having spent some time thinking about strengths and improvement goals in key life arenas, it's now time to take action. It is important to act in both fields - recognizing strengths and defining / implementing steps to take toward meeting improvement goals.

Take note of your strengths. They may be strengths that come very naturally. Or, perhaps they reflect things you've worked hard to attain. Look over strengths listed in your chart and elaborate. It may be helpful to jot down specific actions you've taken. For example, refer to the chart presented last week. To elaborate on the emotional strength of recognizing anxiety symptoms and triggers, you can list situational triggers that you have found lead to anxiety. As you discover additional situations which have similar effects, add them to your list. This serves as a reminder of the ongoing positive step you are taking to get better control over anxiety in your life.

Consider setting aside some regular time to acknowledge strengths. Some folks formalize this process daily - perhaps at dinnertime or before bed. Say one thing that you did today for which you are proud. State it out loud. Say it to yourself or to whoever is in the room. Alternatively, come together with a group and have each person recognize out loud, something someone else in the group did that day that left a positive impression. It can be surprising to learn what makes an impression on others. Whatever method you use, regular focus on strengths can help enhance appreciation of the many positive things in all our lives.

“My importance to the world is relatively small. On the other hand, my importance to myself is tremendous. I am all I have to work with, to play with, to suffer and to enjoy. It is not the eyes of others that I am wary of, but of my own. I do not intend to let myself down more than I can possibly help, and I find that the fewer illusions I have about myself or the world around me, the better company I am for myself.”

~Noel Coward

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.

It's free, confidential and open to family members. Check us out on-line [www.solutions-eap.com](http://www.solutions-eap.com)

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