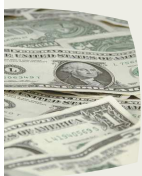




▶ Preparing for an Influenza Pandemic



▶ Stress Buster Tips for the Holidays



▶ Spotlight on You

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Business & health

ADDRESSING PUBLIC HEALTH IN THE

Preparing for an Influenza Pandemic

You may think planning for a flu pandemic will be time consuming until you consider the time and resources you have put into your business to make it work. So, it is time to take that first step because continuity of business during a flu pandemic is possible with the proper planning.

and create an action plan. Priorities that need to be addressed are employee absenteeism, suppliers, delivery chain, contracts and formal agreements that are in place and how you can maintain a healthy workplace. Keep a written record of your plan and continually update as needed.

The first step when preparing for a pandemic flu is to create an emergency planning team. This team will include people in all areas of your business in order to fully understand the processes and functions that are needed to continue business.

Remember, for a plan to be successful, it much be read, practiced and kept up-to-date.

Now that you have finished your written plan, share the plan with all the employees. Give each employee a copy and get input from the employees on ways to improve the plan.

The second step is to sharpen your planning focus. This includes identifying the most important processes within the business and which areas could be shut down if needed.

At least once a year, review the plan and put the plan in practice. Make sure the plan works the way you intended and try and patch the plan if necessary.

Next, assess possible threats to your business. Things to think about are resources such as production parts, electricity, fuel, waste, information or transportation. Think about all other external threats that may affect the business.

Information provided by the Missouri Department of Health and Senior Services

During step 4, determine priorities



According to current projections, a flu pandemic could have significant impacts on businesses and society. Some of these impacts include:

- Absenteeism could reach as high as 30 to 40 percent everywhere.
- People may be sick for extended periods of time.
- People may need to stay at home for many days to care for sick loved ones.
- Schools and day care centers may be closed, perhaps for extended periods of time.
- Disruptions may occur in such critical areas as public safety and emergency response, fuel delivery and product shipping.

(MDHSS)

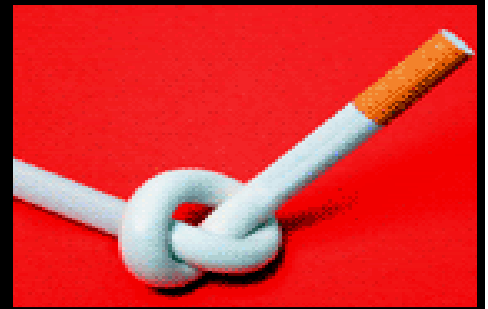
Stress Buster Tips for the Holidays

- Eat well (real food, not just sweets & fats) and exercise
- Get enough rest; this helps with stress, and also helps keep appetites in control (not to mention happy attitudes!)
- Set priorities for spending and activities. Ask yourself what is REALLY important.
- Be realistic about relationships. If we don't get along well with relatives through the year, why would we get along perfectly during the holidays?
- Let go of past disappointments and create new ways to celebrate.
- Start a new family tradition. It can be simple and low/no cost.

Spotlight on You

Would you like to share a Wellness Program your business has adopted that is having a positive impact on your employees?
Call 816-325-7181

Freedom From Smoking



Are you thinking of quitting? Do you want 2009 to be the year you became free from tobacco?

Then join our Freedom From Smoking classes beginning Tuesdays or Thursdays in January. Classes last an hour and meet once a week for 8 weeks.

Call the Independence Health Department at 816-325-7185 to sign up or for more information.

INDEPENDENCE
HEALTH



DEPARTMENT

Public Health
Prevent. Promote. Protect.

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