



Tom Barrett
Mayor

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Commissioner of Health

Health Department

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City of Milwaukee and MMAC to hold Mayor Tom Barrett's H1N1 Local Business Summit in September

Health Officials Preparing for Fall Re-emergence of Virus

The City of Milwaukee Health Department is partnering with the Metropolitan Milwaukee Association of Commerce (MMAC) to present the *Mayoral H1N1 Business Summit*, which will provide up-to-date information about the risks of H1N1, best practices around preventing and treating the flu, and reducing the spread and impact of H1N1.

All employees may be at risk of getting sick with H1N1, as well as passing the strain to others in their families and communities. There is an additional risk of spreading the virus between employees and clients, and this risk could increase over the fall, when more time is spent indoors.

The event will be held on Tuesday, September 15, 2009 from 7:30-9:00 am at the Pfister Hotel, located at 424 East Wisconsin Avenue. Admission is free to pre-registered participants. Registration on the day of the H1N1 Summit will not be permitted.

“The City of Milwaukee is committed to providing its residents timely information on how to protect themselves this flu season,” said Mayor Tom Barrett. “I urge all businesses to look within their organization and send a representative to this very important meeting.”

Additional summits will be held in September to address concerns for schools and childcare institutions, the healthcare sector, faith and community-based organizations, and higher education. Please visit www.milwaukee.gov/health to register for these events.

Swine flu, like regular seasonal influenza, spreads person to person when a person infected with the flu coughs or sneezes and the uninfected person breathes in the virus. Staying home when ill is very important to prevent exposing high-risk individuals, such as pregnant women or people with weak immune systems, to this new virus.

Conditions that make people more at risk for complications of influenza include: age of 65 or older, age under 5, pregnancy, diabetes, lung problems including asthma and emphysema, certain heart conditions, diseases or medications that weaken the immune system, kidney diseases, children on chronic aspirin treatment, and some other chronic medical problems.

It's also important to remember that influenza can be fatal even to healthy individuals, although they are at lower risk than those with underlying illness. Therefore, people with respiratory illness whose condition seems to be worsening should not delay in being seen by a medical professional, regardless of their underlying health status.

“The MHD continues to work closely with key partners, including the healthcare sector, private businesses, community organizations and schools to discuss the recent response as well as preparedness for the fall,” said Commissioner of Health Bevan K. Baker. “Additional summits for other partners have also been scheduled and we

will continue to urge everyone to follow our recommendations in order to slow the spread of this disease in Milwaukee.”

Health officials again stressed that mildly ill individuals whose condition is not worsening should call their doctor to find out if antiviral treatment is needed. If you are only mildly ill, it is better to call your doctor first, as some situations can be managed by phone. Mildly ill individuals should not go to the emergency department unless instructed to do so by their doctor.

Some ways to stay healthy and to protect yourself and those around you from getting the flu include:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with your upper sleeve. If you use a tissue, throw it away after one use.
- Use your own drinking cups and straws.
- Avoid being exposed to people who are sick with flu-like symptoms.
- Stay home when you are sick.
- Eat nutritious meals, get plenty of rest, and do not smoke.

To register or learn more about the H1N1 Community Summits, visit www.milwaukee.gov/health.