

CORTE MADERA NEWS

MAY 2009

Press Release from Marin Health and Human Services on Swine Flu

The Marin County Health & Human Services, which activated a Department Operations Center (DOC) on Monday, April 25th, continues to work in coordination with the Sheriff's Office of Emergency Services (OES), Federal, State, regional public health officials, medical providers, hospitals, clinics and community agencies to provide information about and enhance surveillance for influenza.

As the swine flu situation is ever-changing, please check www.marinflu.org and the websites listed below for updated information.

Not everyone needs to be tested. If your healthcare professional feels that you need to be tested, and you cannot afford the test, selected facilities will provide the testing for FREE or at a REDUCED COST.

Call for more information
415-499-6823
www.marinflu.org

For further information, please see the following websites:

Marin County Health and Human Services:

<http://www.co.marin.ca.us/depts/HH/main/hs/publichealth/Swine.cfm>

California Department of Public Health:

<http://www.cdph.ca.gov/HealthInfo/news/Pages/SwineFluLndingPg042409.aspx>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/flu/swine/investigation.htm>

World Health Organization:

http://www.who.int/csr/don/2009_04_24/en/index.html

Questions & Answers: Swine Influenza and You

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.?

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm> CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

What should I do if I think I have H1N1 flu (swine flu)?

- *Stay home and avoid contact with others as much as possible!*
- Contact your health care provider so they can determine whether testing or treatment is needed, and/or
- Call the **multi-lingual Information Hot Line at (415) 499-6823** for more information and resources from 8 AM to 8 PM

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

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What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water. or clean with alcohol-based hand cleaner. we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen

- Sudden dizziness
- Confusion
- Severe or persistent vomiting

How serious is swine flu infection?

Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths occurring. However, swine flu infection can be serious. In September 1988, a previously healthy 32-year-old pregnant woman in Wisconsin was hospitalized for pneumonia after being infected with swine flu and died 8 days later. A swine flu outbreak in Fort Dix, New Jersey occurred in 1976 that caused more than 200 cases with serious illness in several people and one death.

Can I get swine influenza from eating or preparing pork?

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

TOWN AGENDAS AND MINUTES

Want to stay up to date on public issues, meeting notices and minutes? Sign up for the town's "Friday Mailing." This email is intended to keep our residents and community business persons informed and to encourage their participation in local meetings and events. A variety of materials are sent out: Town Council agendas and minutes, Planning Commission agendas and minutes, and Parks and Recreation Commission agendas and minutes.

The service is free, and we take precautions to protect your privacy. Your name and e-mail information will not be shared with any other members of the list or with any other organizations. If you decide the service is not for you, it's easy to unsubscribe with a quick e-mail.

Signing up is easy... Simply send an email to administration@ci.corte-madera.ca.us and let us know you want to enroll in the "Friday Mailing."

FROM THE PLANNING DEPARTMENT

Every town, city and county in California is required to have a long-range General Plan for the "for the physical development of the county or city, and any land outside its boundaries which bears relation to its planning." The General Plan is the "constitution for development." Zoning, subdivision, capital improvements and most other land use decisions must be consistent with the Plan. The Town Council adopted an updated General Plan for the community on April 21.

The goals, policies, and programs that emerged from the General Plan process reflect the basic pragmatic view of residents that says, "We are willing to consider change, but it must enhance the community." The updated Plan has three principle themes.

Identity

Corte Madera is committed to enhancing its identity as a small community in a cosmopolitan setting. An important theme in this Plan is protecting the predominant development pattern of

residential neighborhoods, including historic homes representing one hundred years of West Coast architecture.

Community-Building

The General Plan provides an opportunity to enhance the “livability” of the community and to improve physical connectivity between the east and west sides of Town. Key elements of community livability include attractive, pedestrian-oriented public areas; affordable, well-designed and appropriately located housing; convenient public transit, services and shops; safe bicycle and pedestrian routes connecting gathering places; accessible parks and open space; a clean and safe natural environment; meaningful historical and ecological features; and friendly, community-oriented social environs. Policies to allow mixed-use development along with commercial expansion are important initiatives in this Plan.

Natural Resources

The Town has long promoted preservation of its many natural resources in protected open spaces. Policies in the updated General Plan are intended to promote community sustainability by enhancing these natural resources through means such as more focused protection, increased community awareness, and improved public access.

The new General Plan has a wide range of policies and programs. Important implementation programs include:

- Neighborhood protection. Strict policies will maintain existing low density residential zoning in the single family neighborhoods.
- Design guidelines will be developed to assure that home remodel projects complement the neighborhoods.
- Community plans will be prepared for commercial areas on the 101 corridor to guide privately funded redevelopment projects.
- Possible shopping center expansion to include retail and housing.
- Mixed-use zoning to allow housing in commercial areas.
- Updating the zoning ordinance to strengthen neighborhood quality of life
- Sustainability policies to protect resources, promote green building, and combat global warming

Watch for the updated General Plan on the Town’s website.

FROM PUBLIC WORKS

Our beautiful hanging baskets are back and up. We hope that you are all enjoying their beauty.

Work continues by members of the Public Works crew on plantings on the Tamalpais median strips and in front of the Town Hall and the Fire Department buildings.

In the event you have not noticed, the soccer at Town Park and the softball field at San Clemente Park are now open.

SENIOR PROM FOR THE YOUNG AT HEART – MOONLIGHT RENDEZVOUS – FREE EVENT

Put on your dancing shoes and boogie to the music of the Ray Simpson Band.

Get ready for a fun-filled night of Big Band music, refreshments, a photo booth and more.

This event will take place at the Corte Madera Recreation Center, 498 Tamalpais Drive. It will be held from 8:00 p.m. to 10:00 p.m.

CALENDAR OF EVENTS

2009 --- MAY COMMUNITY CALENDAR

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| Tues. | May | 5 | Town Council Meeting, Town Hall, 7:30 pm |
| Mon. | May | 11 | Accessibility Advisory Commission, Town Hall, 7:30 pm |
| Tues. | May | 12 | Planning Commission Meeting, Town Hall, 7:30 pm |
| Wed. | May | 13 | Senior Prom for the Young at Heart, Recreation Center, 8:00 pm - 10:00 pm |
| Tues. | May | 19 | Town Council Meeting , Town Hall, 7:30 pm |
| Tues. | May | 25 | Parks and Recreation Commission Meeting, Town Hall, 7:00 pm |
| Tues. | May | 26 | Planning Commission Meeting, Town Hall, 7:30 pm |

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| 1 st Tuesday | Bridge lesson, other card games |
| 2 nd Tuesday | Potluck Luncheon with Speaker |
| 3 rd Tuesday | Marathon Bridge |
| 4 th Tuesday | Workshop |

The Women's Club plays cards on various days. For times and more information go to www.cmwomensclub.org or call Becky Reed at 927-9462.

Corte Madera Lions Club meets on the 2nd and 4th Thursdays at 6:30 pm at the Corte Madera Recreation Center. If you would like to join the Lions Club, contact Pat Ravasio, Membership Chair at pravasio@fhallen.com.