

## In This Issue...

- *Prevent H1N1 Flu and Prepare for the Upcoming Flu Season*

Alliant's **NEW** online individual health insurance quoting tool is now available!

### GET QUOTE

#### 3 Easy Steps

- 1** Get quotes from all the leading insurance companies
- 2** Select and compare multiple plans
- 3** Apply online in minutes

If the "GET QUOTE" link above doesn't work, just copy and paste the address below into your browser:

[www.onlineinsurancecorp.com/OIC/cinfoinput.action?agentid=100199](http://www.onlineinsurancecorp.com/OIC/cinfoinput.action?agentid=100199)



[www.alliantservices.com](http://www.alliantservices.com)

## Keep your company informed with important health information!

This e-newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

As always, we hope you enjoy this edition and would like to hear from you with any questions, concerns, or suggestions for future articles. Send us an email at [info@alliantservices.com](mailto:info@alliantservices.com).

## Novel H1N1 Flu - Prevention & Treatment

With the spread of H1N1 virus and the flue season approaching, we thought it would be a good idea to review some flue prevention techniques. The following article was taken from the Centers for Disease Control and Prevention's website. If you'd like more information on the H1N1 virus or how to prepare for the upcoming flu season, visit the CDC's website at, [www.cdc.gov](http://www.cdc.gov).

## What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against novel H1N1 virus. However, a novel H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza. 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 are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

## Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home as recommended by your doctor; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.



Join our mailing list!

Contact Alliant  
1-877-381-0888  
or email

[serviceteam@alliantservices.com](mailto:serviceteam@alliantservices.com)

**Alliant**  
*financial services, inc.*

Specializing in...

*Life*

*Health*

*Disability*

*Dental*

*Vision*

*Long Term Care*

*Self-Funding Options*

*HRA*

*HSA*

*Full Flex Spending Accounts*

*Cafeteria Plans*

*Workers Compensation*

*General Liability Insurance*

*Retirement Planning*

*401k*

*Simple/SEP IRA*

*HIPPA*

*Compliance*

*Human Resources Consulting*

*COBRA Regulations*

*"Insurance for your benefit"*

## What should I do if I get sick?

If you live in areas where people have been identified with novel H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

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 or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

### 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
- Flu-like symptoms improve but then return with fever and worse cough

### Are there medicines to treat novel H1N1 infection?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with novel H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) 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. During the current pandemic, the priority use for influenza antiviral drugs is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

*Message from Alliant—When you refer a friend or family member to us it's the most satisfying rewards in our business and you can rest assured that we'll offer the same level of service and personal touch you have come to expect from Alliant.*