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Your 2008-2009 Health Care Spending Account Claims must be filed on or before June 30th, 2009. Please remember to incur any expenses on or before June 15th so you do not lose your funds! Go to <http://icubabenefits.org> for claim forms.



STOP Stroke



Act F.A.S.T.



Spread HOPE

**MAY IS
NATIONAL STROKE
AWARENESS MONTH**

Anyone can have a stroke, but your chances for having a stroke increase if you meet certain criteria. Some of these criteria, called risk factors, are beyond your control -- such as being over age 55, being male, being African American, Hispanic or Asian/Pacific Islander, or having a family history of stroke. Other stroke risk factors are controllable. Some Uncontrollable Risk Factors are:

- * Age
- * Gender
- * Race
- * Family History
- * Previous Stroke or Transient Ischemic Attack (TIA)

Visit www.TalkAboutTIA.com for useful information about TIA, its link to stroke and what can be done to reduce the risk of a major stroke following a TIA.

To identify your risk factors, it is important that you know the following:

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	>140/90 or I don't know	120-139/ 80-89	<120/80
Cholesterol	>240 or I don't know	200-239	<200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I am trying to quit	I am a non-smoker
Atrial Fibrillation	I have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	I am slightly overweight	My weight is healthy
Exercise	I am a couch potato	I exercise sometimes	I exercise regularly
I have stroke in my family	Yes	Not sure	No

Each Box equals one score. If your Red Score is three or more, please ask your doctor about stroke prevention right away. If your Yellow Score is 4-6, you're off to a good start for preventing a stroke. Keep working on it. If your Green Score is 6-8, congratulations. For more information contact Health Dialogue at 1-877-789-2583.

Important Information to Improve Your Health

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen.

Is this swine flu virus contagious?

The Centers for Disease Control (CDC) has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is 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.

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 one day before symptoms develop and up to seven 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 to 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 two 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. 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 two hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.

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 your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.