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FROM THE EDITOR.....

In the next month or two, we as a world community are expected to be hit and hit hard by the N1H1 [Swine Flu] pandemic. A lot of us are expected to get sick. Some of us are expected to die. I have chosen to take a slight detour from my customary eNewsletter letting you know how I can help you in an accident to helping you stay informed about the N1H1 Flu. Good luck.

Michael F. Kushner, Editor

WORLD HEALTH ORGANIZATION Declares A Pandemic

On June 11, 2009, the World Health Organization [WHO] signaled that a global pandemic of novel influenza A (H1N1) was underway by raising the worldwide pandemic alert level to Phase 6. This action was a reflection of the spread of the new H1N1 virus, not the severity of illness caused by the virus.

On October 2, 2009, the WHO reported "As of 27 September 2009, worldwide there have been more than 340,000 laboratory confirmed cases of pandemic influenza H1N1 2009 and over 4100 deaths reported to WHO."

The N1H1 Is Expected To Be Present In Full Force This Fall - Should You Take The Vaccine?

On September 29, 2009, the Centers For Disease Control [CDC] updated the Questions and Answers to the topic
[Read More...](#)

I encourage you to read these Q&A and discuss with your family doctor what is best for you and yours. This is an individual decision.

The CDC Has Published Some Common Sense Every Day Actions To Stay Healthy

- 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. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Also remember, if you do not have a tissue, cough into the bend of your arm in front of your elbow. Coughing into your hand is a good way to spread the disease.

N1H1 Updates

Stay informed. Follow these links for the latest information.

World Health Organization [Read More...](#)
Centers For Disease Control [Read More...](#)
U.S. Department of Health and Human Services
[Read More...](#)

And Now A Word From Our Sponsors

The Law Offices of Michael F. Kushner handles catastrophic auto accident and personal injury cases. These types of accidents leave people severely injured and are usually caused by another person's negligence or recklessness. Since 1977, personal injury lawyer Michael F. Kushner has been dedicated to providing critically injured clients throughout Southern California with expert legal representation. Attorney Michael F. Kushner has decades of experience helping clients seek substantial settlements for their auto accident and personal injury cases.

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