

INTERPRETING FOR H1N1, FLU AND COLDS

H1N1 or the novel Influenza A, as it is referred to by the Center for Disease Control organization (cdc.org), is a flu virus. This new H1N1 virus is very different from the normally occurring swine flu in North America. The genes identified by scientists in the H1N1 flu virus, are found in pigs in Europe and Asia as well as the bird (avian) genes and human genes. As a result of the four viral genes, scientists call the H1N1 virus, the "quadruple reassortant" virus.

Although different from the seasonal influenza virus, the H1N1 is thought to spread much in the same manner; by way of coughs, sneezes, touching infected objects and touching the nose or mouth. Symptoms for the H1N1 can range from fever, cough, sore throat, body aches, headache, chills and fatigue. Several people have also reported symptoms of nausea, vomiting and diarrhea.

High-risk groups are generally thought to be the same as with seasonal influenza; such as people age 65 years or older, infants and children up to age 5, and women who are pregnant. Other high-risk groups are individuals who suffer from chronic illnesses such as diabetes, heart disease, asthma and individuals who are immunosuppressed such as people with HIV or taking immunosuppressive medicines. Severe illness can be associated with the H1N1. Immediate treatment is required.

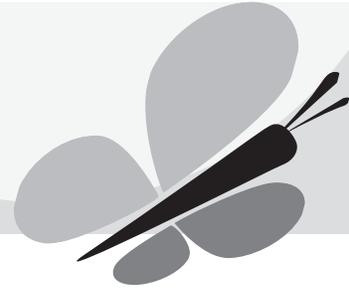
Treatment for H1N1 can consist of antiviral drugs which are prescription medications in the form of pills, liquids or inhalers and can only be prescribed by a health care professional. Today, health care providers are recommending two types of antiviral medications for treating the novel H1N1 flu. These antiviral medications are oseltamivir or trade name Tamiflu® and zanamivir or Relenza®. Although the antiviral medication may be given to those already suffering severely from the illness or those at high risk first, it is recommended that the antiviral medication be administered within 2 days of becoming ill.

It is recommended that aspirin or products containing aspirin or bismuth subsalicylate-Pepto Bismol, should not be taken or given to someone suspected or confirmed with the H1N1 virus who are 18 years or younger. To relieve fever, the CDC recommends anti-pyretic medications such as acetaminophen or non-steroidal anti-inflammatory drugs.

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As with regular seasonal flu, avoid contact with others if you have symptoms that may be associated with H1N1. If you have to go out of the home to seek medical care or for necessities, wear a facemask if available, or use tissues to cover your coughs and sneezes. After seeking medical care, remain at home and avoid going to work, school or other public places for at least 24 hours after the fever is gone.

For adults, it is recommended to seek emergency medical care if experiencing the following warning signs:

- 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

In children, the following are considered emergency warning signs which require immediate medical attention:

- 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

The CDC has several suggestions to help you stay healthy or to keep from spreading the virus. When you sneeze or cough, use a tissue to cover your nose and mouth and discard the tissue immediately. Wash your hands or use hand sanitizer at every opportunity, but especially after coughing, sneezing, touching public places, bathrooms, or shaking hands with someone. Other helpful tips are:

- Avoid touching your eyes, nose and mouth as germs are easily spread.
- If possible, avoid contact with people who are sick.
- Except for seeking medical care or getting necessities, if you are sick with flu like symptoms stay home at a minimum of 24 hours after your fever is gone.
- If you share a home with others, wear a facemask if you



ALTHOUGH DIFFERENT FROM THE SEASONAL INFLUENZA VIRUS, THE H1N1 IS THOUGHT TO SPREAD MUCH IN THE SAME MANNER; BY WAY OF COUGHS, SNEEZES, TOUCHING INFECTED OBJECTS AND TOUCHING THE NOSE OR MOUTH.

have one, or use tissues to cover your mouth to help prevent the spread of the virus.

- It is important to follow public health announcements and advice.
- Be aware of school closures; avoid crowds and use social distancing measures recommended by public health officials.
- Consider developing a family emergency plan, such as having plenty of water, extra food, etc.

Currently, there is a vaccine to protect against seasonal influenza; and a vaccine for the novel H1N1 vaccine may be available to protect you from getting the novel H1N1 virus by the fall of 2009.

Influenza: flu

The flu, or as it is known influenza, is a contagious disease caused by "influenza viruses" that can cause mild to severe illness which can lead to death. A virus is an extremely tiny infectious agent that is only able to live inside a cell. An average 5% to 20% of the population in the United States

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gets the flu and over 200,000 are hospitalized due to complications of the flu. The people most affected are young children, people with certain health conditions such as diabetes, heart disease, asthma, the elderly and other segments of the population considered to be at high risk of getting the flu. Getting a flu vaccination each year is the best way to prevent the flu as recommended by the CDC.

This contagious respiratory illness caused by influenza viruses, can cause other health complications such as bacterial pneumonia, ear infections, sinus infections, dehydration and can worsen existing chronic medical conditions. Healthy adults who have the virus can infect others beginning one (1) day before any symptoms develop and can remain contagious for up to five days of becoming ill. Flu spreads mainly from person to person as a result of people with influenza coughing, sneezing, touching something with flu viruses on it and touching the mouth or nose.

To help prevent the "seasonal" flu, there are two types of the flu vaccine which are recommended each year. One type of flu vaccine is the "flu shot" given by needle which is an inactivated vaccine containing "killed virus". This vaccine is recommended for people beginning at age 6 months, older healthy individuals, and those with chronic medical conditions.

The second type of vaccine is a "nasal-spray flu vaccine," made with live and weakened flu viruses that do not cause the flu. The nasal-spray flu vaccine is recommended for healthy people between the ages of 2 to 49 years of age. "Healthy people" refers to those individuals "who do not have an underlying medical condition that predisposes them to influenza

conditions." This nasal-spray flu vaccine is not recommended for pregnant women. Antibodies develop two weeks after taking the vaccine that protect against the "influenza virus infection".

Symptoms of the flu can include:

- High fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms such as nausea, vomiting and diarrhea, which are more common in children than adults.

In order to reduce the chance of getting the flu, high risk people should get vaccinated each year; children from age 6 up to 19 years of age, pregnant women (except for nasal-spray flu vaccine), people 50 years of age or older, people of any age with chronic conditions, people in nursing homes and other long term care facilities. Another segment who should get vaccinated are those who live with, or care for people who are at risk for, complications from the flu; such as: health care workers, contact with people who are at high risk for complications from the flu, and out-of-home caregivers of children less than 6 months who are too young to be vaccinated.

As with any medication, flu vaccines are not intended to protect you from other illnesses which are not caused by the flu virus. Vaccination is recommended to begin as early as September, or as soon as the vaccines are available, and continue until the influenza season ends or beyond. Also, there are people who should not be vaccinated; those who suffer from severe allergy to chicken eggs, those who have had a severe reaction to the flu vaccine in the past, people who

developed Guillian-Barre syndrome (GBS), those who had an influenza vaccine within the past 6 weeks, children less than 6 months old, and people who have a moderate or severe illness with a fever should not get vaccinated. Again, you should contact your doctor before getting a flu vaccine.

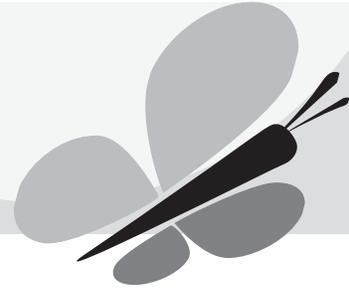
The Common Cold

The common cold can be caused by over 200 viruses with the rhinovirus being one of the most common to cause colds. Once germs infect the nose and sinuses, clear mucus appears helping to wash out the germs and after a few days the body's immune system takes over and also begins to fight the germs changing the mucus to white or yellow. The bacteria living in the nose can continue to grow back and this can be seen when the mucus turns a greenish color which is considered normal.

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TO HELP PREVENT THE "SEASONAL" FLU, THERE ARE TWO TYPES OF THE FLU VACCINE WHICH ARE RECOMMENDED EACH YEAR. ONE TYPE OF FLU VACCINE IS THE "FLU SHOT" AND THE SECOND TYPE OF VACCINE IS A "NASAL-SPRAY FLU VACCINE".





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Antibiotics are not needed to treat common or a running nose since common colds are caused by a virus. Only when a healthcare provider determines that you have a bacterial infection, antibiotics may be prescribed. The provider may also prescribe other medications or suggests tips to alleviate cold symptoms. The bacterium which normally lives in the body (skin, intestines, mouth, nose, etc.) can become resistant to antibiotics when used if not needed.

Some symptoms of the common cold are:

- Sneezing
- Stuffy or runny nose
- Sore throat
- Coughing
- Watery eyes
- Mild headache
- Mild body aches

Some suggestions to help prevent the common cold can range from practicing good hygiene to avoiding close contact with people who have colds or other upper respiratory infections. To help you stay healthy and protect your family, everyone should stay informed and visit the cdc.org website

The above information on novel H1N1 flu, seasonal flu and colds has been adapted or copied from the Center for Disease Control website www.cdc.org.gov/h1n1flu/sick.htm. For additional information on the above information, go to www.cdc.org.gov. The above information is not a substitute for medical care but only intended as general information only.



VOCABULARY:

- | | |
|------------------------------------|---|
| 1 H1N1 | A flu virus with genes found in pigs in Europe and Asia as well as bird (avian) genes and human genes. |
| 2 Influenza or flu | A disease caused by influenza viruses which can cause mild to severe illness and at times can lead to death. |
| 3 Virus | A virus is an extremely tiny infectious agent that is only able to live inside a cell. |
| 4 Infection | The growth of a parasitic organism that lives on or in a host organism and gets its food from its host within the body. |
| 5 Chronic | Noncommunicable illnesses that are prolonged in duration and are rarely cured. |
| 6 Immunosuppressed | A condition where the natural immune (protective) response of the body does not work well. |
| 7 Antiviral | An agent that kills a virus or that suppresses its ability to replicate and, hence, inhibits its capability to multiply and reproduce. |
| 8 Rhinovirus | A common etiologic agent of upper respiratory tract infection. |
| 9 Bluish or Gray Skin Color | A physical symptom which requires immediate medical care manifesting in the skin. |
| 10 Guillian-Barre Syndrome | GBS is a disease which may be triggered by an infection in which the body damages its own nerve cells (outside of the brain and spinal cord) resulting in muscle weakness and sometimes paralysis. GBS can last for weeks to months and most people recover or nearly recover. Some people may have permanent nerve damage, and between 5 and 6% of those affected with GBS die from the disease. |
| 11 Mucus | Secretion from the nose which helps wash the germs from the nose and sinuses. |

NOVEL H1N1 FLU, SEASONAL FLU AND THE COLD QUIZ

STUDENT NAME

LANGUAGE

DATE

ADDRESS

PHONE

FAX

E-MAIL

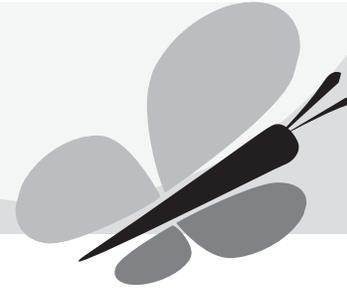
Please mark each statement "True" or "False".

- | | | |
|---|----------------------------|-----------------------------|
| 1. H1N1 virus is also known as the "seasonal flu" virus. | <input type="radio"/> True | <input type="radio"/> False |
| 2. The H1N1 virus can spread from person to person. | <input type="radio"/> True | <input type="radio"/> False |
| 3. The H1N1 is also known as the novel H1N1. | <input type="radio"/> True | <input type="radio"/> False |
| 4. H1N1 is not contagious. | <input type="radio"/> True | <input type="radio"/> False |
| 5. Hospitalization and deaths have occurred with the H1N1. | <input type="radio"/> True | <input type="radio"/> False |
| 6. H1N1 symptoms are similar to seasonal flu. | <input type="radio"/> True | <input type="radio"/> False |
| 7. The CDC recommends that you stay home for a month if you are sick. | <input type="radio"/> True | <input type="radio"/> False |
| 8. Vaccination can help prevent seasonal flu. | <input type="radio"/> True | <input type="radio"/> False |
| 9. Common colds require antibiotics. | <input type="radio"/> True | <input type="radio"/> False |
| 10. There is only one type of vaccine for seasonal flu. | <input type="radio"/> True | <input type="radio"/> False |

Circle the letters that best completes each statement.

11. The symptom(s) for novel H1N1 is/are:
- | | |
|-------------------------|----------------------------------|
| a. fever | b. flu-like symptoms |
| c. difficulty breathing | d. shortness of breath |
| e. sudden dizziness | f. pain or pressure in the chest |
| g. confusion | h. severe or persistent vomiting |
12. Seasonal influenza is:
- | | |
|---------------|--------------------|
| a. a disease | b. the common cold |
| c. novel H1N1 | d. a broken finger |
13. Symptom(s) for the common cold is/are:
- | | |
|--------------------|-------------------------|
| a. sneezing | b. stuffy or runny nose |
| c. sore throat | d. coughing |
| e. watery eyes | f. mild headaches |
| g. mild body aches | |
14. Which helps protect from getting sick:
- | | |
|---------------------|--|
| a. washing feet | b. washing your hands with soap |
| c. wear a face mask | d. avoid close contact with people who have colds, flu like symptoms, etc. |
15. Recommended treatments for H1N1 is:
- | | |
|----------------|--------------|
| a. Tamiflu | b. Relenza |
| c. oseltamivir | d. zanamivir |

NOTE: Get your CCCS Continuing Education Points by e-mailing your answers to mdepaula@cccsorg.com or faxing them to 781-729-1217.



INTERPRETER'S CORNER

Interpreters' Corner

Greetings to CCCS freelance interpreters. Please note that effective immediately, CCCS is requesting that all CCCS interpreters send copies of all of your training certificates to Amanda Duross, Interpreter Resource and QA Program Director, P.O. Box 2308, Woburn, MA 01888-0508. Please let Amanda know you are sending the information by e-mailing her at aduross@cccsorg.com. Your training certificates should specify language pair (i.e. English/Portuguese) or indicate your target language. If your target language is not specified on the training certificate, we ask that interpreters send in a letter to Amanda stating the target language you are trained in. If you have any questions or concerns about this request, please contact Amanda Duross at aduross@cccsorg.com or at 603-791-4178. Thank you all for your commitment and professionalism during your assignments.

The Green Interpreter:

Every month, we hope to offer a few ideas to help you save a little money while driving from one interpreting assignment to another. Taking care of your car is as important as taking care of yourself not only for safety – but also to save you a few pennies on that drive. For example:

- Make sure your tires are properly inflated. To find the correct tire pressure for your car tires, check your owner's manual. Proper tire pressure could save as much as 3% in gas usage.
- Keeping your engine tuned with regular check ups or oil changes can help you improve up to 4% in miles per gallon.
- When was the last time you replaced the car's air filter? Replacing those dirty air filters can help protect your engine and improve gas mileage as well.
- Use the manufacturer's recommended grade oil to improve gas mileage.
- Ensure that your gas cap is not loose as the gas can evaporate.
- Driving sensibly rather than heavy acceleration can also help you maintain good gas mileage.

We hope these tips will help you improve gas mileage on your car. These tips are not an endorsement on types of gas, cars or oil, but rather tips to consider. Adapted from Chrysler Magazine, www.chrysler.com

Interpreter of the Month

It is always a pleasure for CCCS, Inc. to recognize one of our freelance interpreters for their continued professionalism, commitment and good work during their interpreting assignments. This month we would like to recognize **Maria Eugenia Calderon** as interpreter of the month. Thank you and continued success.

CCCS, INC.

Effective August 31, 2009, Esther Phillips resigned from her position as Director of Contracts at CCCS in order to further her education. Esther has been with CCCS for over 9 years working in various capacities and with many responsibilities throughout her years at CCCS. She has been an integral part of CCCS, working as an interpreter, an AMI co-trainer, MIFA instructor, responsible for interpreter recruitment and a member of several CCCS committees such as the Critical Incident Team and Interpreter of the Month committee. Esther has also represented CCCS at many conferences and membership meetings throughout the United States. Although we at CCCS will miss Esther, we fully support her courage to return to school. Best of luck and keep in touch!

THE NEW HAMPSHIRE CORNER

Cross Cultural Communication Institute (CCCI) in New Hampshire, a Post-Secondary Licensed Interpreting Training Career School, continues its 2009 training programs.

Fall 2009 Training Schedule

CCCI, NH is a Licensed Post Secondary Interpreter Training Program located in Nashua, New Hampshire Regional Office:

AMI (American Medical Interpretation) starting date 09/19/09 ending 11/21/09 – Saturdays, 9 am to 3 pm, New Hampshire Cross Cultural Communication Institute, located at 43 Technology Way, Suite 2E3, Nashua, NH 03060, telephone: 603-791-4178, Fax: 603-880-4511.

For registration or additional information contact the CCCI Program Coordinator, Mariana de Paula at 781-729-3736 X111, out of state clients only at 1-888-678-CCCS X111.

2009 Fall Training in MA and NH

AMI-1: MA starting date 09/15/09 ending 12/15/09 – Tuesday, 6-10 pm

AMI-2: MA starting date 09/17/09 ending 1/7/10 - Thursday, 6-10 pm

AMI-3: NH starting date 09/19/09 ending 11/21/09 – Saturdays, 9-3 pm

For registration or additional information contact Mariana de Paula at 781-729-3736 X111, out of state clients only at 1-888-678-CCCS X111.

Upcoming Conferences 2009:

- September 11-14:** TAPI (Tennessee Association of Professional Interpreters and Translators) Seventh Annual Conference, Belmont University, Nashville, TN, www.tapit.org
- October 9-11:** IMIA (International Medical Interpreters Association) Global Perspectives on Professional Medical Interpreters at the Hyatt Regency, Cambridge, MA, www.imiaweb.org
- October 14-16:** New England Regional Minority Health Committee Health Conference: Eliminating Racial and Ethnic Health Disparities by 2010 from Disparities to Equity: The Power to Make Change at the Westin Hotel, Providence, Rhode Island, www.nermhc.com
- October 28-31** American Translators Association (ATA) 50th Annual Conference, New York City, New York Marriott Marquis, NY City, www.atanet.org



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New Hampshire Regional Office: 43 Technology Way, Suite 2E3, Nashua, NH 03060

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