

## GENERAL MEMBERSHIP MEETING

Wednesday, November 18, 2009 - OPENING NOMINATIONS FOR BOARD ELECTIONS

Networking/Roundtable, "SHARE YOUR PLANS FOR IMPROVING SAFETY & HEALTH AT WORK!"

### Know the Difference between Cold and H1N1 Flu Symptoms

Symptom	Cold	H1N1 Flu
<b>Fever</b>	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. =2 0A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

- ⇒ This is such a helpful chart; pass it along to anyone you know!
- ⇒ Print it out and put it on the refrigerator!
- ⇒ The only way to stop the spread of the epidemic is to spread the awareness.



### THE FIVE-SECOND RULE

Thought this would be interesting to include from [MakeSafetyFun.com](http://MakeSafetyFun.com), since germs and the flu virus have been a hot topic lately:

If you pick something up within 5 seconds, it's still clean enough to eat. Really? In 2003, a high-school intern at the University of Illinois tested this theory by contaminating ceramic tiles with *E. coli*, then placing gummy bears and cookies on the tiles for five seconds. All the food became contaminated with bacteria.

Another 5-second wonder: A team at Clemson University conducted tests by dropping bread and bologna on Salmonella-laced tile, wood flooring, and nylon carpet. Hundreds of the Salmonella bacteria remained alive for 28 days! The surfaces had been contaminated for 8 hours, so the food picked up 8,000 bacteria after only 5 seconds. Left for 60 seconds, about 10 times the bacteria was recorded.

**THE LESSON...** If you tend to drop food, **develop faster pickup skills!!!**



### BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00-8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7<sup>TH</sup> AVENUE SOUTH  
**NEXT MEETING → December 3<sup>rd</sup>**

- **WHAT A GREAT CONFERENCE!**  
 Our "Safety & Security in the Workplace" mini-conference was definitely a HUGE SUCCESS! – Thank you to everyone that volunteered their time – We couldn't have done it without you!
- **We need candidates for the upcoming Board election.** Please consider serving as a Board Member – THERE ARE 4 SPOTS TO FILL. The following terms are ending in December (Steve Harken, Robert Hewitt, Dr. Cedric Masa and Joe Strang). We also need someone to fill our vacant term which lasts through December of 2011. *Please feel free to contact any member of our Board to see how easy and rewarding it is to serve as a "Safety Leader"!* E-mail Annette Shane at [ashane@gfparks.org](mailto:ashane@gfparks.org) to get your name added to the ballot!

#### BOARD MEMBERS

Carol Gierszewski (President)  
 Steve Harken (Vice President)  
 Tim Bailly (Treasurer)  
 Tracy Cameron (Secretary)  
 Todd Brady ♦ Robert Hewitt  
 Cedric Masa ♦ Eric Pearson  
 Annette Shane ♦ Joe Strang

### COMMITTEES

#### Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- If you did not receive your "Certificate of Attendance" from the conference, please e-mail Linda at [info@nosha.net](mailto:info@nosha.net).

#### Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **December 16, 2009** - The Ohepen Mind on "Celebrating the Journey", Missy Ohe
- **January 20, 2010** - TBD
- **February 17, 2010** - Marvin Windows and Door's "Wellness Program", Todd Brady and Vicky Ham

#### Membership Committee

(Davis Hoverson, Rachel Kmecik)

- ★ **60+ MEMBERS STRONG...and GROWING!**
- ★ **Welcome Safety-Kleen Systems, Inc. – Our newest member!**

**THANK YOU ROBBIE MARSHALL AND CUSTOM AIRE, INC. FOR SUPPLYING DOOR PRIZES FOR OUR OCTOBER GM MEETING!**