

IMPORTANT NOTICE

Effective Sunday, July 5th, 2009 Schwartz-Wickamp Medical Group will change its' operating hours as follows:

- Monday thru Friday 8:00 a.m. – 12:00 p.m. we will offer lab services ONLY (which includes drug screens and draws). **WE WILL NOT BE OFFERING INJURY TREATMENT DURING THESE HOURS.**
- Monday thru Friday 12:00 p.m. – 8:00 p.m. all services will be available.
- Saturday & Sunday 12:00 p.m. – 8:00 p.m. all services will be available.

We do not anticipate these changes to be permanent. This was not a decision that was made lightly, however, given our current state of the local economy and the business closings surrounding us, we were left with few options.

HOWEVER, we can still accommodate you at any of our other sites listed at the bottom of this page.

****Please note ** If you currently use Schwartz-Wickamp and plan to use a secondary site (listed below) for drug screen collections, please make sure that you notify your lab to have them send additional Chain of Custody's to the site of your choice.**

If you have ANY questions please contact Kelly Kryder @ 574-647-1840 or kkryder@memorialsb.org.

Memorial Center for Occupational Health
2301 N. Bendix Dr., Ste. 500 South Bend, IN 46628
Hours: Monday – Friday 7 a.m. - 5 p.m.

Memorial Center for Occupational Health – LaPorte
900 I Street, LaPorte IN 46350
Hours: Monday – Friday 8 a.m. – 4:30 p.m.

Med-Point @ Main Street Medical Group
6913 N. Main St., Granger, IN 46530
Hours: 8 a.m. – 10 p.m., 7 days/week

Med-Point @ Ireland Road Medical Group
1815 E. Ireland Rd., South Bend, IN 46614
Hours: 8 a.m. – 8 p.m., 7 days/week

Court Rules on Direct Observation Procedures

Client Notice:

On Friday afternoon, the U.S. Court of Appeals for the District of Columbia Circuit issued a ruling in favor of allowing the new Direct Observation procedures. The court ruled that the Department of Transportation had valid reasons for enacting the new rule, overturning protests about the controversial procedures. The court declared that DOT had conducted all the necessary research into Direct Observations and the use of aides in cheating a drug test to determine that the new procedures were necessary.

The rule in question states that all Return-to-Duty and Follow-Up drug tests will be performed as Direct Observation collections. At this time, we are unsure if the Direct Observation Procedures will go into effect immediately or at a later date. We also do not know if the chief petitioner — BNSF Railway Company will attempt to appeal the decision at the Supreme Court. We will keep you informed as soon as more information becomes available.

Swine Flu

For the latest updates about H1N1 Flu (Swine Flu) please visit the Center for Disease Control Web site:

<http://www.cdc.gov/h1n1flu/index.htm>

Also, the next few pages include some tools and facts for you to share with your employees about H1N1 Flu (Swine Flu):

- Pandemic Influenza Fact Sheet
- Pandemic Influenza Planning Checklist for Individuals & Families
- Food Supplies Checklist
- Pandemic Influenza Supplies Checklist

Locations & Hours

Memorial Center for Occupational Health

2301 N. Bendix, Ste. 500 • South Bend, IN 46628
Ph. 574-647-1675 Fax. 574-232-5595
7 am – 5 pm, Monday – Friday

Memorial Center for Occupational Health at LaPorte Medical Group

900 I Street • LaPorte, IN 46350
Ph. 219-324-1960 Fax. 219-324-1961
8 am – 4:30, Monday – Friday

For after hours/weekend locations or for more information, contact Kelly Kryder at 574-647-1840 or 219-324-1960 or e-mail kkryder@memorialsb.org.

Please contact Kelly if you have any updated services or contact information so we can keep our account cards current.

Thank You!

Pandemic Influenza Fact Sheet

Local Health Department Preparations

The Health Department is working with local, state, and federal agencies to respond to pandemic influenza and to maintain essential health care and community services. In fact, governments around the world are preparing for a flu pandemic under the leadership of the Centers for Disease Control and Prevention (CDC) and the World Health Organization.

This information is being provided to help keep you informed about the possibility of a flu pandemic. If a pandemic occurs, your local Health Department will be the agency responsible for guiding local medical response and providing health-related public information.

What is pandemic influenza?

Influenza (flu) viruses cause infections of the respiratory tract (breathing tubes and lungs) in humans. In some people the complications of influenza can be severe, including pneumonia.

Pandemic influenza is a worldwide outbreak of a new strain of influenza virus. Because this new virus has not been seen before, most, if not all, people will not have any immunity (protection) against it.

How is pandemic influenza different from regular, seasonal flu?

A pandemic influenza virus has little in common with the flu viruses we get every year. A pandemic influenza would be a new strain of a potentially much more serious virus and would affect many more people. While there is a vaccine for seasonal flu, currently there is no vaccine available to protect you against a new pandemic influenza virus.

Why is pandemic influenza so serious?

Most people would not have immunity to a new pandemic influenza virus. Because of this, it is likely that large numbers of people around the world would be infected. The CDC predicts that 25% to 30% of the U.S. population could become ill.

Can pandemic influenza be prevented?

It is not possible to prevent or stop a pandemic once it begins. A person infected with the pandemic influenza virus can be contagious for 24 hours before symptoms begin to show and for up to 14 days after. This makes it very easy for the virus to spread quickly to large numbers of people without them even knowing they are infectious.

Although the federal government is stockpiling medical supplies and antiviral drugs, no country in the world has enough antiviral drugs to protect all their citizens. Antiviral drugs can be used to treat severe cases as long as the virus does not become resistant to the drugs. Antiviral drugs would be given first to those who are ill with the virus.

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**Indiana State
Department of Health**

**St. Joseph County
Health Department**

To contact us during Business Hours
M-F 8 a.m. – 4:30 p.m. call (574) 235-9750

After Hours Public Health emergency
call digital Pager (574) 283-4925
e-mail: SJCHD@co.st-joseph.in.us

Pandemic Influenza Planning Checklist for Individuals & Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of an influenza pandemic.

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1. To plan for a pandemic:

- Store a two-week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model this behavior. Wash for 20 seconds or as long as it takes to sing "Happy Birthday" twice.
- Teach your children to cover coughs and sneezes with tissues, or cough/sneeze into their sleeve. Be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.



Indiana State
Department of Health

Food Supplies Checklist

You can prepare for an influenza pandemic now. This checklist can be used to help you plan what food supplies could be considered and what quantities to buy for your household. It is a good idea to gradually buy items now so that you have at least a two-week supply of food for each person in your home.

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Comfort Foods

Food items	2 people	4 people	Your quantity	Check off
Honey	1 jar	2 jars		
Hot chocolate mix	as desired	as desired		
Fruit roll-ups and other snacks	as desired	as desired		
Packaged cookies	as desired	as desired		

Suggested Foods That Will Not Spoil Easily

Food items	2 people	4 people	Your quantity	Check off
Flour	11 lbs	22 lbs		
Bread mix	11 lbs	22 lbs		
Sugar	1 lb	1 lb		
Salt (includes medical use)	2.5 lbs	5 lbs		
Cereal bars	28 bars	56 bars		
Powdered milk	3 lbs	3 lbs		
Yeast, instant dried	3 oz	6 oz		
Corn meal	1 box	2 boxes		
Oatmeal	1 box	2 boxes		
Pasta	3 lbs	6 lbs		
Rice	2 lbs	4 lbs		
Beans/lentils	1-1.5 lbs	1-2 lbs		
Breakfast cereals	2 boxes	4 boxes		
Baking soda	1 box	1 box		
Bottled water	1 gallon per person, per day. Extra for pets.			

Pandemic Influenza Supplies Checklist

In addition to your regular emergency supplies, you should have certain items so you are able to care for sick family members at home. Use this checklist to plan the types of home care supplies you will need and the amounts to buy. It is a good idea to gradually buy items now, so you have at least a two-week supply for each person in your home.

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Two-Week Pandemic Flu Supply Checklist

Items	2 people	4 people	Your quantity	Check off
Thermometer	1	1		
Eye dropper	2	2		
Surgical or procedural masks	50 masks	100 masks		
Bleach	1/2 gallon	1 gallon		
Laundry detergent	1 lb	2 lbs		
Dishwashing detergent	1 bottle (250 ml)	2 bottles (500 ml)		
Soap	2 bars / 3 dispensers	4 bars / 6 dispensers		
Toilet paper	6 rolls	12 rolls		
Paper towels	4 rolls	8 rolls		
Tissues	3 boxes	6 boxes		
Alcohol-based hand sanitizer	2 (8 fl. oz) containers	4 (8 fl. oz) containers		
Drinks with electrolytes	48 (8 fl. oz) bottles	96 (8 fl. oz) bottles		
Prescription medicines	as needed	as needed		
Pain and fever medicines	1 large bottle	2 large bottles		
Cough medicines	2 bottles	4 bottles		
Liquid medicine for children	2 cups per child	2 cups per child		
Rubber gloves	1 pair	2 pairs		
Disposable gloves	24-100 pairs	50-100 pairs		
Antibacterial wipes/gel	1 box	2 boxes		
Manual can opener	1	1		
Feminine hygiene products	as needed	as needed		