

# RED CROSS READER



A PUBLICATION OF THE AMERICAN RED CROSS OF GREATER IDAHO

October 2009

## Swine Flu Update

Influenza (flu) is a contagious respiratory illness caused by viruses. Infection results in mild to severe illness and can lead to death. Every year, an average of 5 to 20 percent of the U.S. population gets the flu. Some influenza viruses can also infect birds, pigs, horses, seals, whales and other animals.

The H1N1 influenza (or swine flu) is a new strain of the influenza virus. Its symptoms are similar to those of the seasonal flu. Some people have also reported diarrhea and vomiting associated with H1N1 flu.

Unlike the seasonal flu, young people are at higher risk of H1N1 infection than people 65 and older. The worldwide spread of the H1N1 virus this past spring was both rapid and unusual as it affected some countries outside of the timeframe of a normal flu season. While most people who have become ill with the H1N1 virus have recovered without any medical treatment, hospitalizations and deaths have occurred. A Canyon County man in his 50s with an underlying medical condition is Idaho's first death associated with the H1N1 virus.

The H1N1 flu and seasonal flu spread in much the same way. Flu viruses spread mainly from person to person when people with influenza cough, sneeze, or touch things that others touch. People infected with the H1N1 virus can spread it to others one day before symptoms develop and up to seven or more days after becoming ill. That means you may be able to pass the flu to someone before you know you are sick and after you start to feel better. Individuals with underlying chronic health conditions may be more vulnerable to the H1N1 influenza virus.

The American Red Cross and government health officials recommend that people use common sense public health practices to reduce the spread of both the H1N1 virus and the seasonal flu virus.

## Disaster Relief Benefit A Day of Music and Fun for the Entire Family

The American Red Cross of Greater Idaho is hosting its first annual Disaster Relief Benefit at Woodrider Cellars (formerly Eagle Knolls Winery) on October 11, 2009, from 11:30 a.m. to 9:30 p.m. There will be food, entertainment and fun for all ages. Admission to the event is FREE!

A mouth-watering barbecue dinner, sponsored by Ultra Clean Cleaning and Restoration, can be purchased for \$10 and a kiddie meal for \$5. Music will begin at noon with the HOOCHIE COOCHIE MEN, followed by the *Dennis McCleary Band* 4:30 p.m.. There will be a free Jump House, face painting and hula hoops to entertain the kids.

Red Cross volunteers who helped during national disasters such as 9-11 and Hurricane Katrina, as well as those who have responded to Idaho disasters and emergency operations, will share inspiring stories of what it means to be a part of the world's greatest relief organization. Booths and displays will also provide visitors with more information on Red Cross services and how to become involved with our organization.

All proceeds from the Disaster Relief Benefit will go to the Idaho Red Cross Disaster Relief Fund. For more information, call 800-853-2570

## Halloween Safety

A few safety tips for your little witch or ghost who will be hitting the streets to trick-or-trick:

- Wear light covered clothing so you can be seen in the dark
- Be on the lookout for cars
- Stay on the sidewalks
- Have a grown up inspect your candy when you are done trick-or-treating

For more Halloween safety tips, visit:  
[www.redcross.org](http://www.redcross.org)



**American  
Red Cross**  
of Greater Idaho

**Boise**

146 South Cole Road  
Boise, ID 83709  
1-800-853-2570 x0

**Coeur d’Alene**

411 N. 15th Street  
Coeur d’Alene, ID 83814  
1-800-853-2570 x104

**Idaho Falls**

330 Shoup Avenue  
Idaho Falls, 83402  
1-800-853-2570 x701

**Lewiston**

3332 10th Street  
Lewiston, ID 83501  
1-800-853-2370 x201

**Twin Falls**

253 4th Ave. N.  
Twin Falls, ID 83301  
1-800-853-2370 x302

Training Schedules and Registration can be located on

[www.redcrossidaho.com](http://www.redcrossidaho.com)

Please visit our web site  
[www.redcrossidaho.org](http://www.redcrossidaho.org)  
or call us at

1-800-853-2570 for more information  
on how to volunteer or donate.

**American Red Cross and Harlem  
Ambassadors Basketball Show**

The American Red Cross of Greater Idaho will host the internationally-acclaimed Harlem Ambassadors Basketball Show on Saturday, November 21, 2009 at 7:00 p.m. at BSU’s Bronco Gym. Come and join us for an evening of high-flying slam dunks, dazzling ball-handling tricks and hilarious comedy routines which provide quality family entertainment.

The Harlem Ambassadors are a team of talented male and female basketball players that are drug-free, college-educated and positive in appearance, who are committed to serving as positive role models for young people by reinforcing the importance of staying in school and away from drugs.

All proceeds from the show will benefit the American Red Cross of Greater Idaho. Advance tickets for students and seniors are \$5 and general public tickets are \$8. Tickets purchased at the door are \$7 for students and seniors and \$10 for the general public. Children 4 and under are free.

For more information on the show or sponsorship opportunities, contact Sue Robinson at 855-4923.

Sponsored by: iSucceed Virtual High School, Dex, Hampton Inn & Suites, and Ultra Clean Cleaning and Restoration

**American Red Cross Responds  
to Nampa Home Explosion**

On September 18, 2009, the American Red Cross of Greater Idaho responded today to a home explosion in the 400 block of Summer Court in Nampa. Disaster volunteers were on the scene to assist nine people from four homes affected by the blast. Red Cross caseworkers provided three families with shelter assistance to meet their immediate housing needs. The families will be re-interviewed by Red Cross caseworkers in a few days to determine how their recovery is progressing and if additional Red Cross assistance is needed.

**Long Time Red Cross Employee Dies**

On August 24, 2009, after a short illness. Elinor Eakin passed away. After graduating from nursing training at Saint Alphonsus in 1947, Elinor accepted “temporary employment with the Red Cross Blood Unit. Her “temporary” employment extended into a life time career as head nurse with the Blood Unit until her retirement. During her lengthy career with the Red Cross Blood Unit, Elinor travelled through Idaho, Easter Oregon, and Northern Nevada. In working with volunteers at blood drawings, she made many good and long lasting friendships throughout the area. Elinor is survived by her brother Jack, of Twin Falls; nieces Nancy Loran, Carolyn Gallagher, and a nephew Tom Eakin. The family requested that donations be made in Elinor’s memory to the First Presbyterian Church; The American Red Cross; or to a charity of the donor’s choice.