

South Lamar Neighborhood Association
General Meeting Minutes
August 16, 2007

Officers Present: Oscar Lipchak, Jan Cartwright, John Bissell, Bill Stoughton

The meeting was called to order by President Oscar Lipchak at 7:30pm. Possibly due to the heavy downpours from Erin, the turnout was very light.

Announcements

- Treasurer's Report: We have a savings account, two CDs, and \$672.61 in checking for a total of \$4086.88. Membership currently stands at 58 compared to 55 for 2006.
- The SLNA newsletter is going commercial. Beginning in October, Peel, Inc. will be producing the newsletter monthly and mailing it to SLNA residents. SLNA will be responsible for providing content by the 10th of the month. Peel, Inc. will sell advertising to cover the cost of production, postage, and profit. About 50% of the newsletter will be advertising.

We have laboriously collected addresses for much of the neighborhood, covering 2,500 households. However, there are some addresses that were missed. If you do not receive a newsletter by October 10, please contact John Bissell.

Under this topic, there was some discussion about moving the night/date of SLNA meetings to more closely adhere to the publication schedule for the newsletter. Monday is a busy night, Tuesday is usually Planning Commission, Wednesday is a church night for some folks, and Friday is obviously out. Thursday is not always a good night as we often have to be at Council. The Executive Committee will discuss further.

Guest Presentation

Linda Cox, Outreach Coordinator for Pandemic Flu Preparedness for the City, presented a talk on what a pandemic is and how the Austin/Travis County Health & Human Services Department is preparing in case of bird flu or some other viral pandemic. Some of the salient points:

- A pandemic flu is different from regular flu. It could be far more serious and deadly. It will take months to develop large quantities of vaccine.
- Life as we know it may change. Businesses and schools may close (Linda said that UT's plan is to shut down as soon as there is a confirmed case anywhere in TX). Services and supplies may be limited. It may be difficult to get health care. Absentee rates could be upwards of 50% making it difficult for businesses, governments, and health facilities to have enough staff.
- The bird flu is not a pandemic flu, but it could develop into one if the virus becomes able to pass quickly from one person to another.

Concerned? Want more information? See <http://www.ci.austin.tx.us/pandemicflu/> and review the planning checklist attached to these minutes. Linda will also be contributing an article for the newsletter.

The meeting adjourned at 8:45pm.

- John Bissell for Nancy Maclaine

We're preparing for pandemic flu. Are you?



Flu pandemics can affect a large number of people worldwide with severe illness. They have happened before. They are likely to happen again. No one knows when.

The Austin/Travis County Health & Human Services Department is doing a lot to plan and prepare for them. Being prepared can reduce fear and anxiety and may keep you from getting the flu.

Learn about pandemic flu.

- A pandemic flu is different from regular flu. It could be far more serious and deadly. It will take months to develop large quantities of vaccine.
- Life as we know it may change. Businesses and schools may close. Services and supplies may be limited. It may be difficult to get health care.
- The bird flu is not a pandemic flu, but it could develop into one if the virus becomes able to pass quickly from one person to another.

Stay healthy. Stop germs.

- Wash your hands frequently
- Cover coughs and sneezes
- Stay home when sick
- Get a flu shot every year



Start preparing now for pandemic flu.

- Be prepared for any emergency. Make an emergency readiness kit, enough to last two weeks. Include non-perishable food and water, prescription medicines, cough and cold medicines, personal hygiene items, alcohol-based hand cleaner, tissues, trash bags, and extra cash.
- Stay informed. For resources and information on pandemic flu, email us at pandemicflu@ci.austin.tx.us, call us at 512-972-7111, or visit us at www.cityofaustin.org/pandemicflu.



Austin/Travis County Health & Human Services Department
www.ci.austin.tx.us/health



Pandemic Flu Planning Checklist for Individuals and Families

You can prepare for an influenza pandemic now. This checklist will help you take steps to lessen the impact of a severe influenza pandemic on you and your family. Many of these steps are good advice to help you during any disaster, like a tornado or flood. For more information, visit the **Austin/Travis County Health and Human Services Department** pandemic flu website at www.cityofaustin.org/pandemicflu.

At Home

Store food, water, and other essentials. Be prepared to get by for at least two weeks on what you have at home. You may be unable to go to a store, or stores may not be open or they may have limited supplies. Public services may also be disrupted. Keep extra supplies on hand; they can also be useful in other types of emergencies, such as power outages or natural disasters.

Examples of non-perishable food	Examples of other emergency supplies
<input type="checkbox"/> Canned meats, such as tuna, chicken, turkey, Vienna sausages	<input type="checkbox"/> Batteries for flashlights, radios, games, and other items
<input type="checkbox"/> Canned beans, fruits, vegetables, soups	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Protein or fruit bars	<input type="checkbox"/> Portable radio
<input type="checkbox"/> Dry cereal or granola	<input type="checkbox"/> Manual can opener
<input type="checkbox"/> Dried fruit	<input type="checkbox"/> Tissues and toilet paper
<input type="checkbox"/> Peanut butter	<input type="checkbox"/> Plastic garbage bags
<input type="checkbox"/> Nuts and trail mix	<input type="checkbox"/> Disposable diapers, if needed
<input type="checkbox"/> Crackers	<input type="checkbox"/> Feminine supplies, if needed
<input type="checkbox"/> Canned or bottled juices	<input type="checkbox"/> Pet food, cat litter, if needed
<input type="checkbox"/> Bottled water (one gallon per person per day)	<input type="checkbox"/> Supplies for persons with special needs, such as the elderly or disabled, if needed
<input type="checkbox"/> Comfort food, such as cookies, candy, coffee, tea bags	<input type="checkbox"/> Entertainment – games, crafts, books, movies, etc.
<input type="checkbox"/> Baby formula and canned or jarred baby food, if needed	<input type="checkbox"/> Some extra cash

Store medical and health supplies. Get an extra supply of your regular prescription drugs. Ask your health care provider for a prescription. If your insurance will not agree to cover the extra supply, you may want to pay out-of-pocket. Keep health supplies and non-prescription drugs on hand.

Examples of medical and health supplies
<input type="checkbox"/> Prescribed medicines and supplies, such as glucose meters and blood-pressure monitoring equipment
<input type="checkbox"/> Soap and water
<input type="checkbox"/> Alcohol-based hand cleaner (e.g. Purell)
<input type="checkbox"/> Medicines for fever and pain, such as acetaminophen (e.g. Tylenol) and ibuprofen (e.g. Advil)
<input type="checkbox"/> Diarrhea remedy (e.g. Kaopectate)
<input type="checkbox"/> Cough and cold medicines
<input type="checkbox"/> Thermometer
<input type="checkbox"/> Fluids with electrolytes (e.g. Gatorade and Pedialyte for small children)

Make household emergency plans.

- Prepare for possible changes in healthcare. Be prepared to stay at home. Medical advice and health care may be more difficult to obtain during a severe pandemic and health care providers and medical facilities may be overwhelmed. There may not be enough medical supplies and hospital beds for all persons who are ill.
- In a severe pandemic, you may be advised to stay away from others and from public places as much as possible. Public transportation may be limited. Large events may be canceled.
- Decide who will take care of children if schools are closed.
- For general preparedness, agree on a point of contact where all family members can check in if you are separated during any emergency.

In Your Community

- Talk with family members and friends.** Make sure your loved ones are prepared. Think about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Know your neighbors.** Be ready to help neighbors who are elderly or who have special needs if services they depend on are not available.

At Work

- Know policies.** Ask your employer about sick leave and policies about absences, time off, and telecommuting.
- Encourage planning.** Every business, organization, and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.
- Explore other ways to get your work done.** Find ways to reduce personal contact, such as increased use of e-mails or phone conferences. Plan to work from home whenever possible.

Prevent the spread of the virus.

- Stay home** from work and school when you are sick.
- Stay away from others** as much as possible when they are sick.
- Wash your hands frequently.** Use soap and water or an alcohol-based cleaner.
- Cough into your sleeve.** Cover your mouth and nose when coughing and sneezing. Cough into your elbow or shoulder instead of your hands.
- Throw away used tissues right away.** If you blow your nose or use tissues to cover your cough, dispose of them in the nearest waste bin immediately after use, and then wash your hands.
- Set an example for your children.** Show them how to limit the spread of viruses and germs.



Austin/Travis County Health and Human Services Department

www.cityofaustin.org/pandemicflu

For more information: 512-972-7111 or pandemicflu@ci.austin.tx.us

