

Client Assistance Program

O F F I C E O F T H E G O V E R N O R

December 2009

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- **The Client Assistance Program** advocates for persons with disabilities who are clients or applicants of Vocational Rehabilitation, Commission for the Blind, and other Independent Living Programs funded under the Rehabilitation Act of 1973, as amended.
- **CAP can address** questions regarding the Americans with Disabilities Act, Title I, as it relates to the Rehabilitation Act of 1973, as amended.
- **CAP can advise** service providers and consumers having questions relating to the above, or other available community resources for person with disabilities.



HAPPY HOLIDAYS



H1N1 flu, originally called swine flu, first surfaced in Mexico early in 2009. It quickly spread throughout the United States, arriving in South Carolina in April 2009. By June, it had spread to so many countries, the World Health Organization deemed it an influenza or flu “pandemic.”

Like seasonal flu, H1N1 flu can cause mild to severe respiratory illness and can even lead to death.

Unlike seasonal flu, which seems to thrive in cold weather, H1N1 flu has flourished in the southern heat and humidity. Within five months of our state’s first confirmed case, thousands of South Carolinians had tested positive for the new strain of flu. Some had to be hospitalized. A few people, including several children, have died from complications of novel H1N1 flu. Most of those who died were in one of the high risk groups for novel H1N1, which are not the same as the high risk groups for seasonal flu.

Seasonal Flu High Risk Groups	Novel H1N1 High Risk Groups
Children younger than 2 years old	Children birth to 18 years of age
Pregnant women	Young adults 18 – 24 years of age.
People over 65 years of age	Pregnant women
People of any age who have chronic medical conditions (e.g. diabetes, asthma, congestive heart failure, lung disease)	People of any age (Persons aged 25 through 64 years) who have chronic medical conditions (e.g. diabetes, asthma, congestive heart failure, lung disease)

For more information visit www.scdhec.gov/flu/swine-flu.htm

Symptoms of the Flu and the H1N1 Virus

The flu is different from the common cold. But symptoms of seasonal flu and novel H1N1 flu are very similar. When a person gets seasonal or novel H1N1 flu, one or more of these symptoms will probably come on suddenly — about 48 to 72 hours after contact with the virus:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Occasionally, stomach symptoms such as nausea, vomiting, and diarrhea.

Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something — such as a surface or object — with flu viruses on it and then touching their mouth or nose.

Urgent Warning Signs

If you have these symptoms, seek medical attention immediately.

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting.

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash.

Protect Yourself and Others

We urge you to take these simple, but very important steps to protect yourself and others from various strains of the flu:

- **Wash** your hands thoroughly and often.
- **Cover** your cough with your sleeve, not your hand.
- **Stay home** if you're sick.
- **Stay away** from people who are sick.
- **Eat** a healthy diet, exercise and get plenty of rest.

Vaccine for H1N1

Flu vaccines are your best protection against both seasonal flu and novel H1N1 flu. Each strain of flu requires a separate vaccine.

People who are in greater danger of life-threatening health problems from novel H1N1 flu or seasonal flu, should get vaccinated as soon as possible. The Centers for Disease Control and Prevention (CDC) also urges anyone who lives or works closely with an at-risk person (such as an infant under 6 months of age) — to get vaccinated as soon as possible.

To learn where you can get novel H1N1 flu vaccines in your community, see DHEC's Flu Clinic Finder. Or contact your healthcare provider to see if they will be providing the vaccine. Local pharmacies that signed up to provide the novel H1N1 vaccine will advertise it when it becomes available.

These Groups Need Flu Vaccines the Most

The CDC recommends that these groups get flu vaccines as soon as possible. The list for seasonal flu is different from the list for novel H1N1 flu.

These People Should Get a Seasonal Flu Vaccine ASAP	These People Should Get a Novel H1N1 Flu (Swine Flu) Vaccine ASAP
Those age 50 and older	Pregnant women
Pregnant women	Household contacts & caregivers for babies younger than 6 months of age
Children 6 months to 18 years of age	Healthcare and emergency medical services personnel
People of any age who have chronic medical conditions (e.g. asthma, diabetes, congestive heart failure, lung disease)	All children from 6 months to 17 years of age
People who live in nursing homes and other long-term care facilities	Young adults 18 to 24 years of age
People who live with or care for those at high risk for complications from flu.	People 25-64 years of age who have health conditions that put them at high risk of medical complications from flu.



PUMPKIN BARS—12 servings

1pkg. Duncan Hines Yellow cake mix
 1/4 cup vegetable oil
 4 eggs
 1/2 cup nuts, chopped
 1 (16 oz.) can solid pack pumpkin
 1 (14 oz.) can Eagle Brand sweetened condensed milk
 1 tsp. almond extract
 1/2 tsp. ground cinnamon
 1/2 tsp. salt

1. Preheat oven to 350 degrees.
2. Reserve 1/2 cup dry cake mix. In large bowl, combine remaining cake mix, oil and 1 egg; beat until crumbly. Stir in nuts.
3. Press firmly on bottom of 13x9-inch baking pan.
4. In same bowl, mix in remaining ingredients.
5. Pour over prepared crust. Bake 50 minutes or until set, cool. Cut into bars. Garnish with nuts or as desired.
6. Good topped with your favorite cream cheese frosting or whipped cream.
6. Great served warm, cold or at room temperature.



2010 Journalism Contest topic

"Expectation + opportunity = full participation!"

Sponsored by the SC Governor's Committee on Employment of People with Disabilities

The winner of the **2010 Journalism Contest** receives a **four-year scholarship to the South Carolina state-supported institution of his or her choice** provided, of course, that the winner is otherwise qualified.

The scholarship pays for undergraduate tuition and fees. Each institution has its own definition of tuition and fees, which may or may not include room and board. The winner must be able to verify financial need to the state-supported institution of his or her choice, which may include completion of a Free Application for Federal Student Aid (FAFSA) form.

The scholarship may be canceled if the recipient does not maintain general scholastic and conduct standards established by the institution. If you have any questions or need more information, please call the SCVRD Public Information Office at 803-896-6833 or visit SCVRD's website at www.scvrd.net.

Eligibility

- must be a South Carolinian 16 to 19 years old;
- must **not** have entered a post-secondary school before March 1, 2010; and
- must be a high school junior or senior, or otherwise qualified to begin post-secondary education **no later than** the 2011–2012 school year.
- You do **not** have to have a disability to enter.

How, where and when to enter

Entries must be postmarked no later than January 19, 2010. Send your entry to:

Mark Wade

Assistant Commissioner, SCVRD

1410 Boston Avenue

P.O. Box 15

West Columbia, SC 29171-0015.

The contest is judged by a panel of professional journalists.

Rules

- Your article must address the theme: "**Expectation + opportunity = full participation**" You should illustrate the point that workers with disabilities can make a tremendous impact in our nation's workplace. Through employment people with disabilities lead more independent lives, and their employers benefit from their skills and talents.
- **Your article should not exceed three pages.**
- Use correct grammar and sentence structure.
- Observe journalism's five W's: Who, What, When, Where and Why.
- Report about people with disabilities in language that focuses on their dignity, equality, individuality and ability.
- For example, a disabling condition may or may not be handicapping. Use "disability" rather than "handicap." Choose words that carry nonjudgmental connotations. Avoid using "victim," "cripple," "wheelchair-bound," or "deformed." Emphasize the uniqueness and worth of the whole individual by writing "a person who has a disability" or "a person who is deaf" rather than "a disabled person."
- Research disability issues and **interview people with disabilities.**
- Resources can include your school library, the public library, the Internet and organizations that serve individuals with disabilities. Your SC Vocational Rehabilitation office provides services that enable eligible citizens with disabilities to prepare for, achieve and maintain competitive employment.
- Attribute all quotes, either within the body of the article or in footnotes.
- Type your article on white, 8.5 x 11 inch paper. Double space.
- Prepare a **separate** cover sheet with your name, age, grade, home address and telephone number. Also include your school name, school address, school telephone number and principal's name.
- Have your principal, teacher or sponsoring organization's representative **sign** the cover sheet and indicate his or her title.
- Have any individual you interview **sign** the cover sheet.
- Include on the cover sheet this statement with **your signature**:
• "I hereby confirm that the enclosed article submitted to the 2010 Journalism Contest is my own work. I wrote the article and conducted the research and any interviews (unless otherwise cited) used in the article."