



Healthcare Association
of New York State

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DON'T LET WORRY ABOUT H1N1 SPOIL THE HOLIDAYS

HANYS' Videos Explain Precautions to Keep Families Safe

ALBANY, N.Y. — As families come together for the holiday season, many worry that there may be an uninvited guest at the table this year: the H1N1 virus, also known as swine flu.

This concern brings urgency to unanswered questions, including:

- Aside from vaccination, what is the most effective way to protect my family from H1N1?
- What are the most important things to remember when caring for someone with the flu?
- When should I go to the hospital, and what can I expect when I arrive?

Don't let worries about H1N1 spoil the holidays. Get answers to these questions and more by watching a series of three, five-minute videos produced by the Healthcare Association of New York State (HANYS). The videos are available on HANYS' YouTube channel (www.youtube.com/hanyscomm) and on HANYS' Web site (www.hanys.org/public_health/infectious_disease/h1n1/).

The videos feature an expert team with nearly fifty years experience in health care, voices you can trust for accurate information. Christopher Smith, Manager, HANYS' Emergency and Trauma Initiatives, and Mary Therriault, R.N., M.S., Senior Director, HANYS' Quality and Research Initiatives, provide insight into the characteristics, prevention, and treatment of the H1N1 influenza virus, and offer simple precautions that can keep families healthy and safe during the flu season.

The Healthcare Association of New York State (HANYS) is the only statewide hospital and continuing care association in New York State, representing more than 550 non-profit and public hospitals, nursing homes, home care agencies, and other health care organizations.