



January 2010

# SAND RUN SCOOP



SAND RUN SUPPORTS STAFF NEWSLETTER

January 2010

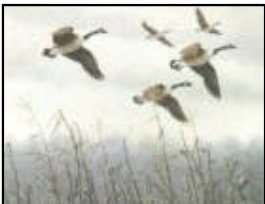


Jason Burke-7 years

Kyle Piatt- 1 year



BRUCE BAILEY



Any current staff person who refers a new employee can earn a **\$75.00 bonus** when that person hits the 90 day mark and has all training completed. This is our best way to obtain new, quality staff people.

## Difference between Cold and Flu Symptoms

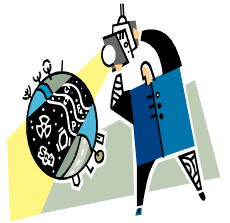
The symptoms of seasonal flu and H1N1 flu are similar, but how can you tell whether the symptoms point toward a cold or the flu?  
Some of the general differences are listed below.



Symptom	Cold	Seasonal or H1N1 Flu
<b>Fever</b>	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is typically associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Moderate to severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu typically has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.



As the state's environmental protection and public health agency, KDHE promotes responsible choices to protect the health and environment for all Kansans. Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.  
Revised 9/16/09



**TRAINING**  
**SUMMIT COUNTY TRAINING**  
**PROGRAM**



The training schedule is not available at this time

Please contact a PROGRAM MANAGER

for specific times if you need to attend a training class this month

**Bill of Rights for Persons with Developmental Disabilities**

- |      |   |       |   |
|------|---|-------|---|
| I    | Be treated nicely at all times and as a person  | XIII  | Be able to work and make money  |
| II   | Have a clean safe place to live in and a place to be alone  | XIV   | Be treated like everyone else   |
| III  | Have food that is good for you  | XV    | Not be hit, yelled at, cursed at, or called names that hurt you   |
| IV   | Be able to go, if you want, to any church, temple, mosque   | XVI   | Be able to learn new things, make friends, have activities to do, and go out in your community                |
| V    | Be able to go to a doctor or dentist when you are sick  | XVII  | Be able to tell people what you want and be part of making plans or decisions about your life                 |
| VI   | Be able to have people help you with the way you walk, talk, do things with your hands, act or feel, if you need it | XVIII | Be able to ask someone you want to help you, let others know how you feel or what you want                    |
| VII  | Be able to have people help and teach you, if you want  | XIX   | Be able to use your money to pay for things you need and want with help, if you need it                       |
| VIII | Be able to have time and a place to go to be by yourself  | XX    | Be able to say yes or no before people talk about what you do at work or home or look at your file            |
| IX   | Be able to call, write letters or talk to anyone you want about anything you want                                   | XXI   | Be able to complain or ask for changes if you don't like something without being afraid of getting in trouble |
| X    | Be able to have your own things and be able to use them   | XXII  | Not be given medicine that you don't need, or be held down if you are not hurting yourself or others          |
| XI   | Be able to have men and women as friends  | XXIII | To vote and learn about laws and your community   |
| XII  | Be able to join in activities and do things that will help you grow to be the best person you can be                | XXIV  | To say yes or no to being part of a study or experiment.  |



**DiSABLE**  
**THE LABEL**



**American Red Cross**  
*Together, we can save a life*

