



# SUNFLASH<sub>Number 3</sub>

[swfce.org](http://swfce.org)

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## TIME to MARK YOUR CALENDARS

The National FCE Conference will be July 17-21 in St. Louis, MO. Hotel and conference info can be found on the National FCE website: [nafce.org](http://nafce.org) Hotel: Marriott St Louis Airport, 10700 Pear Tree Lane.



SWFCE Conference will be September 20-21 in Tucson. Bonnie Teeples, ORFCE, will be a guest speaker. She is running for the USA Area President for ACWW. That Triennial is coming soon.



ACWW

Check out the ACWW website for Triennial registration, timeline of events, hotel info: [acww.org](http://acww.org)



### **SWFCE NEWLY ELECTED OFFICERS**

Secretary: Marian Hannon, one-year term

Treasurer: Susie Martell, three-year term

President Elect: Martha Crawford, one-year term

At the September Conference we will be electing: Secretary and Vice President. If you are interested, please let Martha know:

[mcrawford@wcc.net](mailto:mcrawford@wcc.net)

Plan to attend the conference. We will be searching for another workshop in addition to Bonnie's. Ideas?? Send to me:

margaretmai531@gmailcom Yes, we do have to have a business meeting:

1. IRS requires it
2. Budget and elections
3. Business of our organization
4. Enjoying time with friends

# STOMACH “FLU”

VS

# THE “FLU”

## NICKNAMES

Stomach Flu, Stomach Bug,  
Pukey Flu, the “shits”

## WHAT IT REALLY IS

Viral Gastroenteritis

## CAUSES

Novovirus, Rotovirus

## INCUBATION PERIOD

Symptoms appear 1-3 days  
after exposure

## SYMPTOMS

Diarrhea, vomiting, nausea,  
stomach cramps, muscle  
aches, headaches, low-  
grade fever

## HOW LONG IT LASTS

Symptoms typically last 1-3  
days but can linger for up  
to 2 weeks

## TREATMENT

Fluids, bland foods & rest

## CONTAGIOUS PERIOD

You can be contagious 2  
days BEFORE to up to 2 weeks  
AFTER symptoms appear

## NICKNAMES

Flu

## WHAT IT REALLY IS

Influenza

## CAUSES

Human Influenza A, B, C viruses

## INCUBATION PERIOD

Symptoms appear 1-4 days  
after exposure

## SYMPTOMS

Fever over 100°F, nasal conges-  
tion, cough, sore throat,  
muscle aches, chills/sweats,  
fatigue/chills

## HOW LONG IT LASTS

Symptoms typically last 1-2  
weeks

## TREATMENT

Fluids, rest, pain relievers,  
Decongestants & anti-virals

## CONTAGIOUS PERIOD

You can be contagious 1  
Day BEFORE and up to 7 days  
AFTER symptoms appear

## **STOMACH “FLU”**

### **HOW IT SPREADS**

Fecal-Oral Route  
When poo or vomit particles  
get in your mouth

### **PREVENTION**

Handwashing, quarantine,  
And properly killing the virus  
FLU SHOT WILL NOT HELP YOU!

### **SURFACE LIFE**

The virus can live on surfaces  
(countertops, toilets, door-  
Knobs, and even the floor)  
for up to 3 weeks

### **HOW TO KILL IT**

Bleach, bleach, ONLY BLEACH

## **THE “FLU”**

### **HOW IT SPREADS**

Inhalation of tiny droplets  
people cough, sneeze, or talk  
less commonly by touching a  
contaminated surface

### **PREVENTION**

Flu vaccination (shot), hand-  
washing, limited contact with  
infected individuals

### **SURFACE LIFE**

The virus usually lives on  
surfaces for 24 hours

### **HOW TO KILL IT**

Soap & water, disinfectant  
wipes (Clorox/Lysol), dis-  
infectant sprays (Lysol),  
alcohol-based hand sanitizer,  
bleach, hydrogen peroxide