

October 22, 2009

Dear community members and employees of Assistance Plus:

As you are aware, the H1N1 influenza is present and spreading in the State of Maine. Please visit our website regularly to determine the level of severity. For your convenience, we have linked with Maine's CDC for weekly updates on the severity along with county statistics.

Good hand-washing hygiene along with proper respiratory etiquette is essential to minimizing the spread of this contagious illness. Please review the basic instructions and videos available on our website for your personal well-being along with making our environment safer by decreasing the spread of the H1N1 virus.

In an attempt to assure readiness and minimize unnecessary suffering, we have developed a packet of information designed to:

- Prepare you and your family with the necessary items to have readily available for your convenience
- Steps to help prevent the spread of the H1N1 virus

In addition to the videos and information, please utilize the following websites for more information to help protect you and your loved ones during this year's influenza season.

- <http://www.cdc.gov/>
- <http://www.cdc.gov/swineflu/>
- <http://maineflu.gov>

We hope you find this information helpful. Your safety and well-being is important to all of us at Assistance Plus. If additional information is needed, please contact Claire Wilson RN at 800-781-0070.

Sincerely,

Johnna Bowen CEO
Assistance Plus

