

Flu News

You can use



About the Flu Vaccine

Vaccines protect against the flu by causing antibodies to develop in the body. By getting vaccinated, you can protect yourself from the flu and help stop the spread of flu to others.

The flu vaccine has a very good safety record. Over the years, millions of Americans have received seasonal flu vaccines with mild or no side effects. The flu shot cannot give you the flu.

✓ Who Should **GET** the Flu Vaccine

Everyone 6 months and older should get a flu vaccine. However, it is especially important for:

- Children 6 months to 4 years of age
- Adults 65 years of age and older
- Pregnant women
- People with chronic illness
- Children on long-term aspirin therapy
- People with weakened immune systems
- Residents of long-term care facilities
- Health care personnel
- Those who live with or care for people at high risk for complications of the flu
- People who care for children under 5 years of age, especially those 6 months of age and younger
- People who care for adults 50 years of age and older

✗ Who Should **NOT** Get the Flu Vaccine

- People with severe allergies to eggs should not get vaccinated.
- People who have had any severe allergy to any vaccine component should consult a doctor.
- People who have had a severe reaction to the flu vaccine in the past should speak with their doctor.
- People who have had Guillain-Barré Syndrome (a severe paralytic illness) should speak with their doctor.
- People who are moderately or severely ill should usually wait until they recover before getting the flu vaccine.

Types of Flu Vaccine:



Flu shot - The flu shot is an inactivated vaccine (containing killed virus) that is given with a needle. It is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women. A "high-dose" inactivated flu vaccine is available for people 65 years of age and older. Ask your doctor for more information.



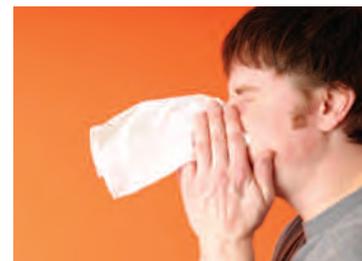
Nasal Spray Vaccine (LAIV) - The nasal spray flu vaccine is a vaccine made with live, weakened flu viruses. It is approved for healthy people 2 to 49 years of age. Health care workers and close contacts of people with weakened immune systems may receive the LAIV unless they are in a protected environment such as a Bone Marrow Transplant Unit.

✗ The following people **SHOULD NOT** receive the LAIV nasal spray vaccine:

- Pregnant women
- Children younger than 2 years of age
- People 50 years of age and older
- People at high risk for complications of the flu
- Children under 5 years of age with a history of wheezing
- Children or adolescents on aspirin therapy
- People with a history of Guillain-Barré Syndrome
- People with a severe allergy to chicken eggs or any nasal spray vaccine components

Do You Know the Difference Between a Cold and the Flu?

Sometimes it may be hard to tell the difference between a cold and the flu. Many of the symptoms are the same, but they are usually worse if you have the flu.



Symptom	Cold	Flu
Fever (100°F/37.8°C)	Not usually	100° or more for more than a few days
Body aches	Mild	Severe
Chills	Not usually	Usually
Tiredness	Mild to moderate	Moderate to severe
Cough	Can produce mucous	Usually dry
Runny or stuffy nose	Almost always	Not usually
Chest discomfort	Usually mild	Moderate to severe
Results in serious health problems (such as pneumonia, added infection, and hospitalization may be necessary)	Not usually	Increased chance

When to Seek Emergency Help

Some people get only mildly sick from the flu. Others can get very sick. Most people get better without seeing a doctor, but if you or someone you are caring for have any of the following signs, call a doctor or go to an emergency room immediately.

Emergency warning signs in adults include:

- A fever for more than a few days
- Trouble breathing or shortness of breath
- Coughing up blood
- Pain or pressure in the chest or belly
- Sudden dizziness
- Confusion
- Vomiting that does not stop
- Flu symptoms that go away but come back in a few days with fever and worse cough

Emergency warning signs in children include:

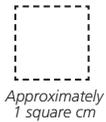
- Fast breathing or trouble breathing
- Fever with a rash
- Blue or gray skin color
- Not drinking enough water or fluids
- Hard to wake up
- Little or no desire to play
- Sleepy even when awake
- Vomiting that does not stop
- Flu symptoms that go away but come back in a few days with fever and worse cough



Be a Germ Stopper! You Can Help Prevent Infection



Do You Know...



- There are 1500 germs on each square centimeter of your hands.

Germs may be spread through contact with:

doorknobs animals toilets handrails money
pens faucets toys pencils keyboards
shopping carts food telephones remote controls playground equipment

and especially other people!

- Hand washing may be your single most effective way to stop the spread of germs and disease and stay healthy.

WASH Your Hands Often:

- After you sneeze or cough
- Before you touch your eyes, nose or mouth
- After using the bathroom
- Before you enter and after you leave a location
- Before you eat

USE SOAP AND WATER

- If you can see any dirt on your hands
- Wet your hands and **USE SOAP**
- Wash every part of your hands and fingers for 15 seconds (or sing "Happy Birthday" twice)
- Rinse your hands well and dry with a clean or paper towel
- Use a paper towel to turn off the faucet and open the door



USE HAND SANITIZER (at least 60% alcohol content)

- When you cannot see the dirt on your hands
- Use enough to cover every part of your hands
- Rub over every part of your hands until they are dry



COVER YOUR COUGH

Cover your mouth and nose with a tissue when you cough or sneeze.



or



Cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in a waste basket and wash your hands.



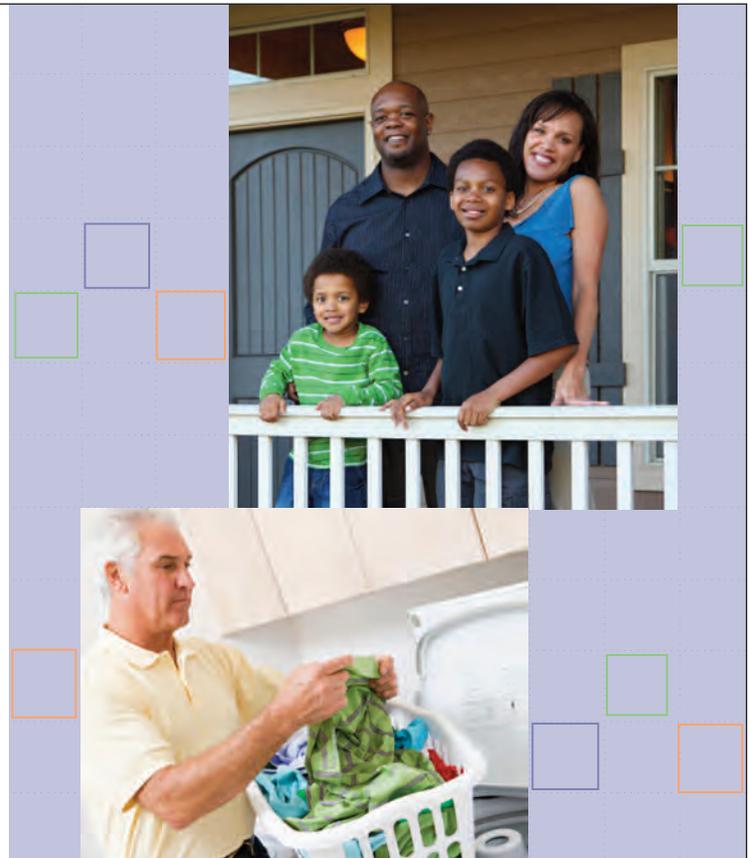
Helpful Tips to Protect Yourself and Others from Flu Germs

Protect Other People in the Home:

- The sick person should not have visitors other than the caregiver. A phone call is safer than a visit.
- If possible, have only one adult in the home take care of the sick person. People at increased risk of severe illness from flu should not be the caretaker, if possible.
- If you are in a high risk group for complications from flu, try to avoid close contact (within 6 feet) with household members who are sick with the flu.
- Try not to have pregnant women care for the sick person. Pregnant women are at higher risk of flu-related complications.
- All persons in the household should clean their hands with soap and water or hand sanitizer often, including after every contact with the sick person or the person's room or bathroom.
- Use paper towels for drying hands after hand washing or dedicate cloth towels for each person in the household. For example, have different colored towels for each person.
- If possible, try to have good ventilation in shared household areas. Keep windows open in restrooms, kitchen, bathroom, etc.

If You Are the Caregiver:

- Avoid being face-to-face with the sick person.
- When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.
- Clean your hands with soap and water or hand sanitizer after you touch the sick person or handle used tissues or laundry.
- If you are at high risk for complications of the flu, you should not be the caretaker, if possible.



Household Cleaning, Laundry, and Waste Disposal

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately. However these items should not be shared without washing thoroughly first.
- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting.
- Avoid "hugging" laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or hand sanitizer right after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand with hot water and soap.