

THE FLU ENDS WITH



www.flu.gov

WHAT YOU SHOULD KNOW ABOUT THE FLU

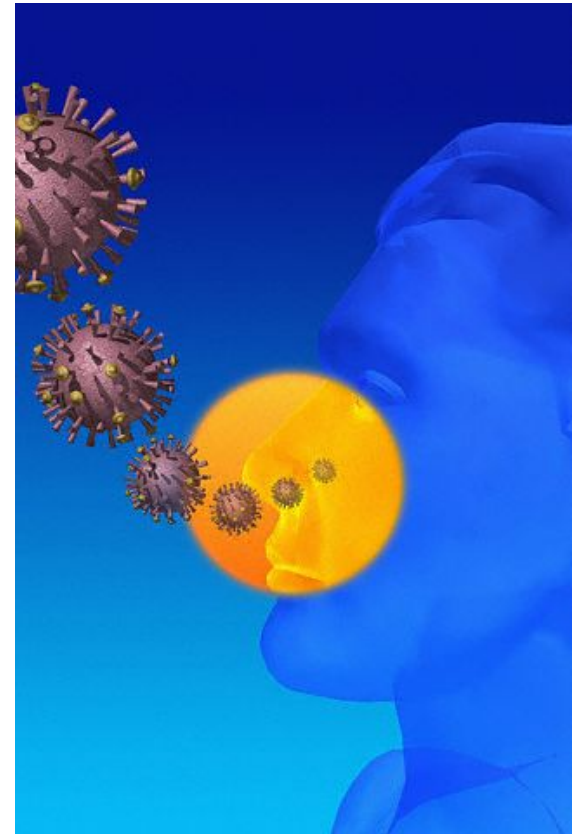
Manalapan Health Department
NJ Department of Health and Senior Services
2011 Update



Public Health
Prevent. Promote. Protect.

What Is The Flu?

- Upper respiratory tract disease
- Incubation period 1-3 days
- Symptoms: fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, and fatigue





Complications

- Bacterial pneumonia
- Ear infections
- Sinus infections
- Dehydration
- Worsening of chronic conditions such as asthma, congestive heart failure or diabetes

How Does The Flu Spread?

- Primarily through respiratory droplets
 - Coughing
 - Sneezing
- Touching respiratory droplets on yourself, another person, or an object, then touching your own mouth, nose or eyes without washing hands





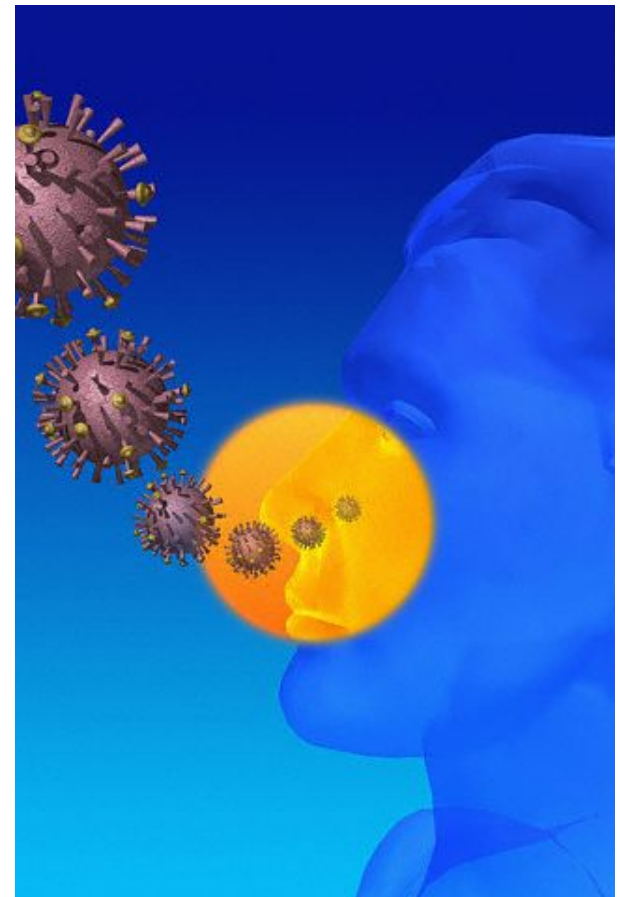
H1N1 Flu Pandemic

- Global epidemic of a new virus
 - Worldwide outbreak of an infectious disease
- Special H1N1 vaccine developed for the pandemic
- First confirmed H1N1 cases in April 2009
- Pandemic declared over in August 2010



Seasonal Influenza

- People can spread flu *before* they feel sick!
- Occurs annually (October-April)
- Most people recover within a week or two
- 36,000 die and 200,000 hospitalized each year
- Elderly, people with weak immune systems and young children most vulnerable
- Vaccine preventable



Get A Flu Shot Every Year



- The vaccine changes every year to protect against different flu strains
- Flu vaccine will protect against the 2009 H1N1 virus and two other flu viruses
- A new high dose vaccine is available for people ≥ 65 years



Get A Flu Shot Every Year

- Seasonal flu vaccination recommended for everyone over age 6 months
- Get a flu shot soon as vaccine is available in the fall or anytime during flu season
- Young children, older people, pregnant women, people with certain health conditions are at higher risk of serious flu-related complications



FluMist Nasal Spray

- Contains live, attenuated (weakened) virus
- Sprayed into the nose
- Approved for ages 2-49 years
- Not for pregnant women or people with certain health conditions



Is The Flu Vaccine Safe?



- Flu vaccines have a long track record for safety
- Like any medicine, flu vaccines carry some risks
- Flu vaccines do NOT cause the flu





Please Note...



As per N.J.A.C. 8:57-4.19:

Children six months through 59 months of age attending any licensed child care center, or preschool facility on or after September 1, 2008, shall annually receive at least one dose of influenza vaccine between September 1 and December 31 of each year.

Who needs a flu vaccine?




Even healthy people can get the flu, and it can be serious.

Everyone 6 months and older should get a flu vaccine. **This means you.**

This season, protect yourself—and those around you—by getting a flu vaccine.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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For more information, visit: www.flu.gov



Antiviral Medication

- Requires a prescription from your doctor
- Must be started within 48 hours of first feeling sick
- Reduces symptoms and shortens the length of illness
- Does NOT cure the flu





Prevent the Flu!



- Wash your hands with soap and water OR use a hand sanitizer
- Clean surfaces often
- Avoid touching your eyes, nose and mouth when you cough or sneeze
- If you don't have a tissue, cough or sneeze into your sleeve NOT your hands, or cover your nose and mouth with a tissue
- If you are sick, stay home from work, school, or errands

Wash Your Hands



Wet



Soap



Scrub



Rinse



Dry



**Turn the
Water Off**



Wash Your Hands ...

■ BEFORE:

- Preparing/eating food
- Caring for someone who is sick or treating a wound



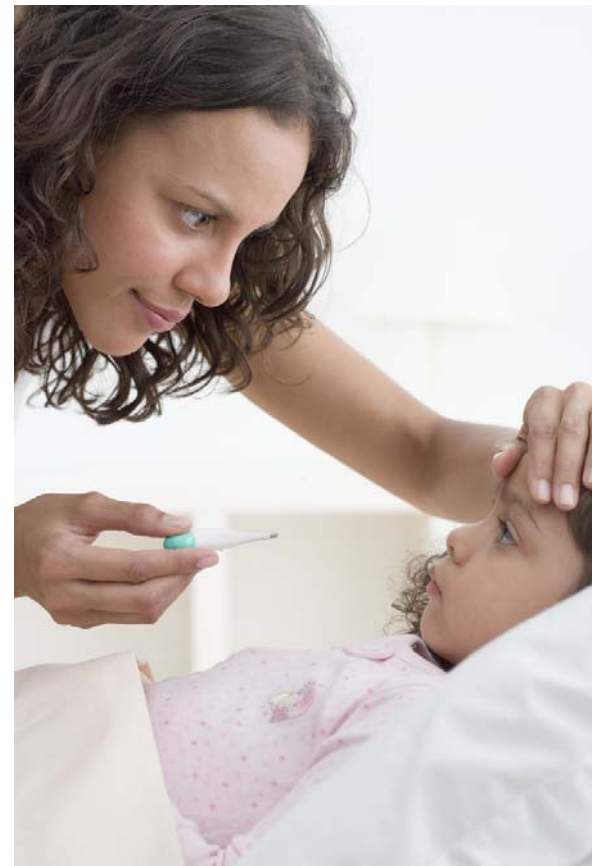
Wash your hands anytime
they look dirty!

■ AFTER:

- Caring for someone who is sick or treating a wound
- Blowing your nose, coughing, or sneezing
- Using the toilet, changing diapers, or assisting anyone who has gone to the bathroom
- Handling garbage
- Touching an animal or its waste
- Touching any surface/object frequently touched by others

What If You Get Sick?

- Stay home and away from others for at least 24 hours after you no longer have a fever, without use of fever-reducing medication
- Treat symptoms
- Rest
- Cover coughs and sneezes
- Wash hands frequently
- Drink plenty of fluids



If You Need Medical Care



- Know when to call your healthcare provider
- Do NOT go to an Emergency Room unless it is truly an emergency

Call Your Healthcare Provider

CHILDREN

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



Call Your Healthcare Provider

ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough





Need More Information?

- **Federal**
www.cdc.gov/flu
- **State**
www.nj.gov/flu
- **Local**
www.mtnj.org

