

Influenza

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EDITION 2 VOLUME 3

Did you know?

You can receive adult OR child immunizations for little to no cost even if you are underinsured or uninsured!!!

**For more information call
WCDHD at 308-696-1201**

What is Influenza?



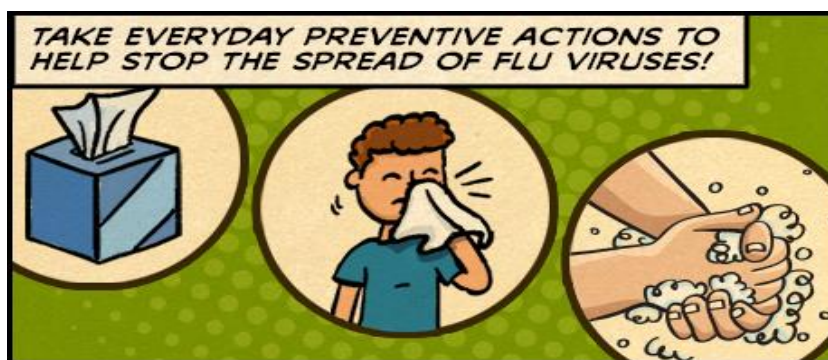
Influenza, or “flu” is a contagious disease that spreads around the United States every year, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Prevention:

The single best way to prevent seasonal flu is to get vaccinated each year. Additionally, good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

All individuals 6 months and older should get the annual flu shot. Particularly those who are high risk. This includes people over 65, children under five, pregnant women and people with underlying health conditions like heart disease, respiratory disease, diabetes and obesity.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. There are several flu vaccine options for the 2019-2020 flu season. The quadrivalent flu shot protects against H1N1, H3N2 as well as two types of influenza B.



People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Which is why hand washing is so important in reducing the spread of the flu. Remember to cover your cough, use a tissue to cover your cough or cough into your upper sleeve.

If you get sick from the flu, stay home 24 hours after the fever is gone (without fever reducing medications) to avoid spreading the flu to others.

If you get sick with flu, antiviral drugs may be a treatment option.

Check with your doctor promptly if you are at high risk of serious flu complications and you get flu symptoms. People at high risk of flu complications include young children, adults 65 years of age and older, pregnant women, and people with certain medical conditions such as asthma, diabetes and heart disease.

When used for treatment, antiviral drugs can lessen symptoms and shorten the time you are sick by 1 or 2 days. They also can prevent serious flu complications, like pneumonia. For people at high risk of serious flu complications, treatment with antiviral drugs can mean the difference between milder or more serious illness possibly resulting in a hospital stay.

The Center for Disease Control and Prevention (CDC) recommends prompt treatment for people who have influenza infection or suspected influenza infection and who are at high risk of serious flu complications.



Emergency Preparedness: Seasonal Flu Forecasting

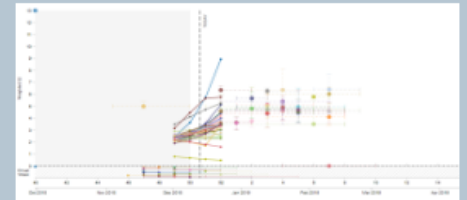
The Center for Disease Control and Prevention (CDC) provides **flu forecasting**, which offers the possibility to predict the future and better plan ahead, potentially reducing the impact of flu on communities.

Flu forecasts are important because they help public health and the medical community know when and where flu increases will occur, how large the impact of the flu season will be, and when the flu season will peak.

Potential uses of flu forecasts extend beyond communication in both seasonal and emergency situations. Forecasts can be used to:

- Prepare for and prevent illness, hospitalization, and death
- Predict the economic burden of a potential epidemic
- Inform health care providers about influenza vaccination and antiviral treatments for patients
- Guide community mitigation strategies, such as school closures

"FluSight" Flu Forecasting Website



"FluSight," flu forecasting website is part of CDC's Epidemic Prediction Initiative. This website facilitates the real-time sharing and visualization of weekly flu forecasts.

www.predict.cdc.gov

References

www.cdc.gov/flu/prevent/actions-prevent-flu.htm. (n.d.).

<https://www.cdc.gov/flu/treatment/index.html>

www.cdc.gov/weekly/flusight/index.html

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