



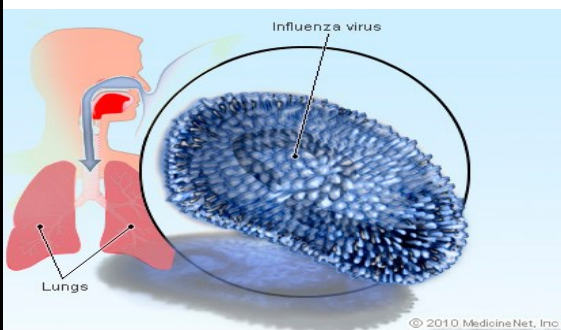
How Can YOU Prevent the Flu?

GET A FLU VACCINE

It's the best way to

#FIGHT FLU

learn more ▶



What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. **The best way to prevent the flu is by getting a flu vaccine each year.**

Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Preventing Flu

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends every-day preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.



More about the Flu:



Sneezed particles typically can travel between 13 and 17 feet.

Please watch:

<https://www.youtube.com/watch?v=wnafrAtfMzE>



How Flu Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

Diagnosing Flu

It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. There are tests available to diagnose flu.



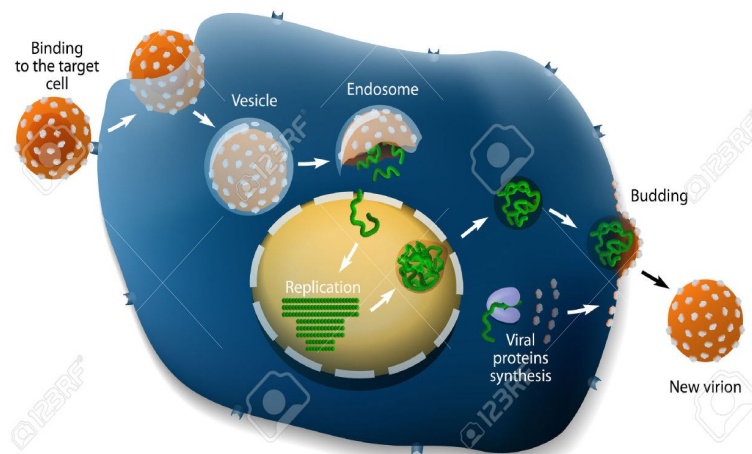
Onset of Symptoms

The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

INFLUENZA VIRAL LIFE CYCLE



Prevention is Key!!



Proper sleep: Humans are exposed to viruses on a daily basis, however it's our immune strength that determines how quickly or how often those viruses cause us to get sick. A study conducted by a team of psychologists and researchers at the University of California, San Francisco proved exactly how beneficial a good night's sleep could be for cold prevention.



Wash your hands thoroughly:



The Center for Disease Control describes handwashing as a "do-it-yourself vaccine." Something as simple as a 20-second scrub of the hands with antibacterial soap can prevent the spread of more than just germs that cause common colds, but it also helps reduce the spread of diarrheal and respiratory illness too.

Keep household surfaces clean: Just like handwashing, keeping surfaces in your home or school area are just as important. Virus-causing germs have a knack for sticking to common areas, those that are frequently touched i.e. door knobs, drawer pulls, keyboards, light switches, remote controls, countertops and sinks. They can also infect people touching said surfaces for hours before showing symptoms. Keeping commonly touched areas and items clean can go a long way in the transport of viruses.



Don't forget the chicken soup: Soup isn't just a cold weather comforter, it's actually a proven cold defense. Viruses prefer to live in dry, cooler areas of the body, whereas soup raises the temperature in your nose and throat, making it harder for germs to stick around.



GET your FLU SHOT!!

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu.

WHAT'S NEW THIS FLU SEASON?

A few things are new this season:

- Only injectable flu shots are recommended this season.
 - Flu vaccines have been updated to better match circulating viruses.
 - There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed

https://www.cdc.gov/flu/video/inever_30sec.mp4



Fight the Flu
It starts with you

Selinsgrove Area High School



If Mucus from the Nose Changes from Clear to Yellow or Green — Does This Mean I Need an Antibiotic?

No. Yellow or green mucus does not mean that you have a bacterial infection. It is normal for mucus to get thick and change color during a viral cold.

Information brought to you by:
CDC
Flu.gov



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Cold or Flu- Antibiotics Don't Work for You.

When you feel sick, you want to feel better fast. But antibiotics aren't the answer for every illness!

The Risk:

Bacteria Become Resistant

What's the harm in taking antibiotics anytime? Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic.

These resistant bacteria are stronger and harder to kill. They can stay in your body and can cause severe illnesses that cannot be cured with antibiotics. A



cure for resistant bacteria may require stronger treatment – and possibly a stay in the hospital.

To avoid the threat of antibiotic-resistant infections, the Centers for Disease Control and Prevention (CDC) recommends that you

avoid taking unnecessary antibiotics.

Antibiotics Aren't Always the Answer

Most illnesses are caused by

two kinds of germs: bacteria or viruses. Antibiotics can cure bacterial infections – not viral infections.

Bacterial infections cause strep throat, some pneumonia and sinus infections. Antibiotics can work.

Viral infections cause the common cold, most coughs and the flu. Antibiotics don't work.

Using antibiotics for a virus:

- ⇒ Will **NOT** cure the infection
- ⇒ Will **NOT** help you feel better
- ⇒ Will **NOT** keep others from catching your illness