

INFLUENZA

Since I feel it vitally important that we protect ourselves from the flu, I am repeating some of the information from last month plus updating some changes made by CDC.

MORE FLU FACTS:

First and most important step is to **get your flu vaccine**—one for seasonal flu and one for H1N1.

If you care for anyone at high risk you need to also get the shot to protect yourself so you can be a healthy caregiver.

Remember that the **seasonal vaccine will not protect you from the H1N1 (swine) flu.**

People who should get the **H1N1 vaccine include children, pregnant women and people with chronic health problems. CDC is not recommending the H1N1 for people above 50 years of age.** Seasonal flu vaccine is recommended for all of the above.

Children may develop more GI symptoms (nausea and vomiting) and may also run a higher temperature than adults.

PREVENTION IS VERY IMPORTANT (FOR ANY CONTAGIOUS DISEASES)—

GENERAL RULES:

Cover your mouth and nose when you cough or sneeze with a Kleenex and immediately throw the tissue in the trash.

Wash your hands often with soap and water. If soap and water are not available carry alcohol based hand rub and use often, rubbing your hands until dry.

Avoid touching your eyes, nose and mouth—germs are spread easily this way.

Avoid crowds.

Avoid close contact with people who are ill.

If you become ill, stay at home and avoid close contact with anyone.

If you get the flu (seasonal or H1N1) *antiviral drugs can treat*. They are by prescription only so you must see your Doctor. They act by keeping the virus from reproducing in your body thereby lessening the progress of the disease.

Most antiviral drugs work best if started within first two days of development of symptoms.

COMMON COLD –SORE THROAT CARE (from National Health Ministries)

Self Care Steps:

Get plenty of rest.

Drink fluids

Take extra Vitamin C

Take Echinacea

Use Zinc Lozenges

These steps will help shorten the time you are ill and decrease the severity.

STAY WISE, THINK WISE, STAY HEALTHY!!!!