



2017 Education Series

FLU

Did you know ...?

The **flu** kills about 36,000 people a **year** in the United States, according to the CDC, though the range varies greatly each **year**. Most **deaths** are caused by complications from the **flu**.

Flu Vaccine
Facts & Myths

Protect yourself. Protect your loved ones.

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL & PREVENTION

CDC
SAFER • HEALTHIER • PEOPLE

Department of Health and Human Services
Centers for Disease Control and Prevention

MYTH "The flu isn't a serious disease."

FACTS Influenza (flu) is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu.

MYTH "The flu shot can cause the flu."

FACTS The flu shot cannot cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

MYTH "The flu shot does not work."

FACTS Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. **Getting the vaccine is your best protection against this disease.**

MYTH "The side effects are worse than the flu."

FACTS The worst side effect you're likely to get from a shot is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

MYTH "Only older people need a flu vaccine."

FACTS Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease **need to get a flu shot**. Doctors also recommend children 6 months and older get a flu shot every year until their 5th birthday.

MYTH "You must get the flu vaccine before December."

FACTS Flu vaccine can be given before or during the flu season. The best time to get vaccinated is October or November. **But you can get vaccinated in December or later.**

For more information, ask your healthcare provider or call **800-CDC-INFO (800-232-4636)** Website www.cdc.gov/flu

What is the FLU?

What is the flu?

Influenza, commonly known as the "flu," is a contagious respiratory illness caused by influenza A or B viruses. Flu appears most frequently in winter and early spring. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract.

What's the difference between a cold and flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold and symptoms are more intense. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

<https://www.cdc.gov/flu/about/disease/complications.htm>
<https://www.cdc.gov/flu/about/qa/coldflu.htm>

Signs and Symptoms

How to Determine A Cold vs The Flu

Cold	Symptoms	Flu
People with a cold will sneeze more often but not enough to be a reliable sign.	Sneezing	Many people catch the flu from sick people coughing and sneezing.
Mostly Uncommon	Headaches	High Probability
High Probability	Sore Throat	Not Common
Uncommon	Fever	High Probability
Not Usually	Chills	Probability
Minor Aches/Pains	Aches	Severe Aches/Pains
A few days	Development	Very Quickly
Mild	Tired Feeling	Severe
Hacking with mucus	Coughing	Cough/(little mucus)
Usually Common	Clogged Nose	Not Common
Mild	Chest Discomfort	Severe

<http://www.healthresource4u.com/wp-content/uploads/2014/10/Difference-cold-flu.jpg>

What You Can Do To Decrease Your Risk?

You Can PREVENT THE FLU

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Source: Center for Disease Control and Prevention