

Your flu vaccine protects me. My flu vaccine protects you.

The most recent FluView report for the 2014-2015 flu season shows that flu season is beginning in the United States. There are reports of flu illnesses, hospitalizations and deaths, and activity is expected to increase in the coming weeks.

CDC recommends an annual flu vaccine for everyone 6 months and older. There are documented benefits from flu vaccination, including reductions in illnesses, related doctors' visits and missed work or school. Vaccination also prevents flu-related hospitalizations and deaths. While some of the viruses spreading this season are different from what is in the vaccine, vaccination can still provide protection and might reduce severe outcomes such as hospitalization and death.

If you have not been vaccinated yet this season, get your flu vaccine now.

CDC recommends a three-pronged approach to fighting flu: get vaccinated, take everyday preventive actions to help stop the spread of germs and take antiviral medications to treat flu illness if your doctor prescribes them.

The Flu: What To Do If You Get Sick

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- Fever **It's important to note that not everyone with flu will have a fever.**
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If you have symptoms of flu and are in a high risk group (including young children, people 65 and older, pregnant women and people with certain medical conditions), or are very sick or worried about your illness, contact your health care provider.

Do I need to go the emergency room or clinic if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room or clinic or be in public even if you are only mildly ill.

If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care facility or provider for advice before going out into public. If you go to the emergency room or local clinic and you are not sick with the flu, you may catch it from people who do have it.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings. Some employers require notes from providers to verify illnesses. Please call your providers or nurse before venturing out into public.

What are the emergency warning signs of flu sickness?

In Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash

In Adults

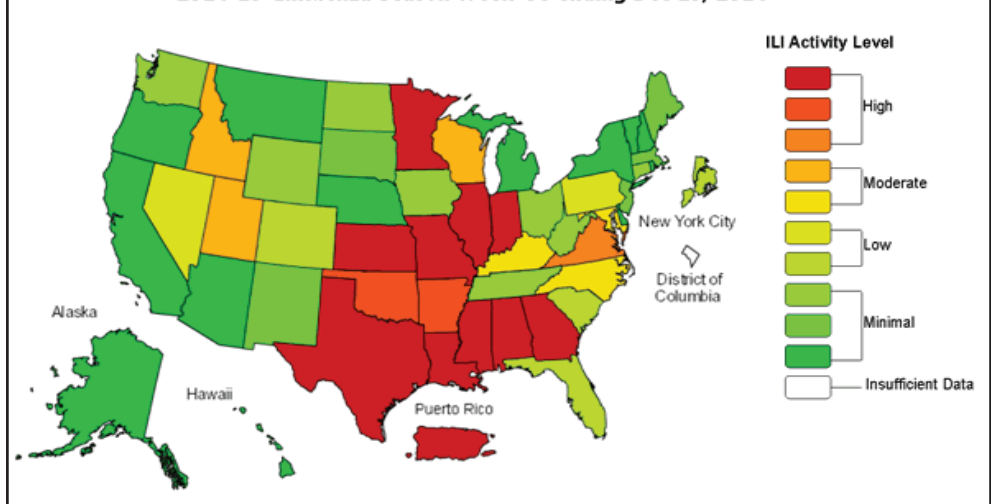
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

What should I do while I'm sick?

Stay home. Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.

More information located at www.cdc.gov
OR Siletz Community Health Clinic at 1-800-648-0449 or 541-444-1030

Influenza-Like Illness (ILI) Activity Level Indicator Determined by Data Reported to ILINet
2014-15 Influenza Season Week 50 ending Dec 13, 2014



Siletz Community Health Clinic

