

Flu News

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Saint Joseph Medical Center

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What is the flu?

- It's a virus
- It's contagious
- It's preventable



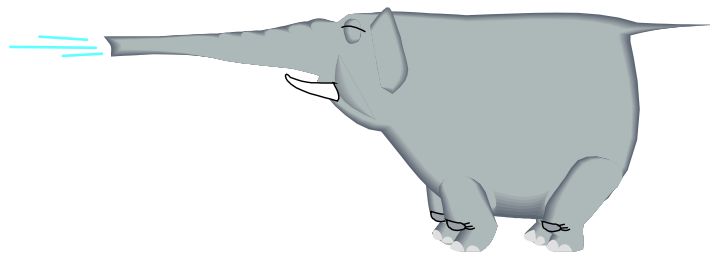
What's the Difference?

	Seasonal Flu	H1N1 ("swine" flu)
Who's most at risk?	<ul style="list-style-type: none"> • Age 50+ • Age 6-24 months • Pregnant women • Chronic illness 	<ul style="list-style-type: none"> • Age 6-24 months • Children with chronic illness • Pregnant women
How many cases?	200,000 per year 36,000 deaths/yr	(reported 2007-2008) 448 hospitalizations 19 deaths
Vaccine	3 most common types	Specific for H1N1



How is it spread?

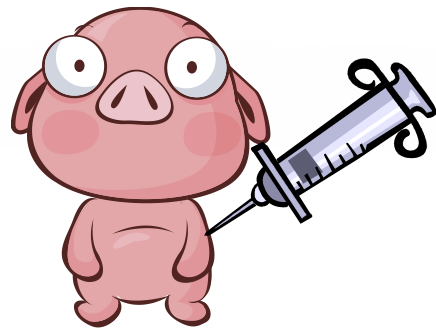
- Droplet
 - Coughing
 - Sneezing
 - Sharing items that go in your mouth
 - Touching your eyes, nose, mouth after touching something with the virus on it





You can NOT catch it by...

- Eating bacon, ham or pork
- Getting a flu shot





Prevention is the best medicine

- Wash your hands
- Get a flu shot
- Cover your mouth and nose
 - Tissue
 - Elbow
- Don't touch your eyes, nose, mouth
- Don't share things
- Stay home when you are sick





How do I know if I have the flu?

- Signs and symptoms
 - Fever
 - Sore throat
 - Coughing
 - Sneezing/runny/stuffy nose
 - Muscle aches
- Testing
 - Not always necessary



What if I or someone I love gets sick?

- Stay home
- Cover your nose & mouth when coughing and sneezing
- Wash your hands often
- Call your doctor if symptoms are moderate to severe





Should I go to the Emergency Room?

- No – You do **NOT** need to go to the Emergency Room **UNLESS** you have/see any of these warning signs:
 - Fast or Difficult breathing
 - Bluish/gray skin color (children)
 - Confusion
 - Vomiting that won't stop
 - Pain in chest or abdomen
 - Can't wake up
- You can call your doctor or visit an immediate care clinic if need care that is not urgent





What else can I do?

- 2 week supply list*
 - Tissues
 - Alcohol based hand cleaners
 - Soups, fluids
 - Facemasks
 - Medications you take regularly



*as recommended by the CDC at www.cdc.gov/h1n1flu



Where can I get more information?

- Your Doctor
- www.cdc.gov/h1n1flu
- www.flu.gov
- www.provena.org/flu



