



# Prevent Cold & Flu

# Flu facts



- H1N1 is active again this year.
- 5-20% of the U.S. population gets the flu each year
- More than 200,000 people are hospitalized
- Avg. 36,000 die due to complications from the flu

[http://www.flu.gov/about\\_the\\_flu/current\\_flu/index.html](http://www.flu.gov/about_the_flu/current_flu/index.html)

# How do flu viruses change



- **Antigenic drift:**
  - Slow changes to the virus over time
  - The immune system cannot recognize these changes from year to year
  - Flu vaccines are developed to address antigenic drift
- **Antigenic shift:**
  - Sudden changes to flu virus strains
  - Two different flu virus strains infect the same cell and combine to create a new subtype
  - People have no immunity to the new subtype, resulting in epidemic or pandemic
  - H1N1 of 2009: Now included in the current vaccine

# Symptoms Of...



## COLD

Nasal Congestion

Moist Cough

Sore Throat

Sneezing

Earache

Swollen Glands

## FLU

Acute Onset Fever

Dry Cough

Headache

Muscle Aches

Extreme Fatigue

Pain Behind Eyes

# Complications of the Flu



- Bacterial pneumonia
- Ear or sinus infections
- Dehydration
- Worsening of chronic health conditions
  - Arthritis
  - Asthma
  - Cancer
  - Diabetes
  - Heart Disease
  - HIV/AIDS

# Emergency Warning Signs



- In children, emergency warning signs that need urgent medical attention include:
  - 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, emergency warning signs that need urgent medical attention include:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting
  - Seizures

# Spreading Cold and the Flu...

Touching infectious respiratory secretion on skin and on surfaces and then touching eyes or nose.

Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

Inhaling particles of respiratory secretions floating in the air (Sneezing and coughing).

Healthy adults may be able to infect others 1 day before getting symptoms and up to 5 days after getting sick.

# Prevention



- GET YOUR FLU SHOT
- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- **Wash your hands - OFTEN!!**
- Avoid touching your eyes, nose and mouth
- Practice other good health habits

# Cold and Flu Treatment



Rest



Drink plenty of liquids



Avoid using alcohol and tobacco



Medicate to relieve the symptoms of flu



***Never* give aspirin to children or teenagers who have flu-like symptoms – and particularly fever**

# Who should get a flu shot?



- **Everyone! And in particular....**
  - People in contact with very young or very old
  - People 50 years or older
  - Have chronic diseases
  - Have diabetes
  - Have an immune system deficiency
  - Have severe anemia
  - Pregnant women
  - People who live or work in a health care facility
  - People who visit a health care facility

# Work Site Flu Clinics



## 2015 Flu Clinic Information

- No cost
- You **MUST** show your badge
- See schedule for a convenient location

....remember to wear short sleeves!!

# Flu Clinic Schedule



Date	Wkday	Time	Location
21-Oct	Wednesday	10:00 AM - 3:00 PM	Federal Building, 825 Jadwin Ave., Rm. 142—Conf. Rm. 152
22-Oct	Thursday	9:00 AM - 3:00 PM	200 East, 2101 M, Cosmos/Bijou Rm.
27-Oct	Tuesday	8:30 AM - 12:30 PM	200 West, PFP, MO 250
27-Oct	Tuesday	2:00 PM - 4:00 PM	ERDF, Bldg. 6250, POD Mtg. Rm.
28-Oct	Wednesday	8:30 AM - 10:00 AM	100K, MO 500, Conf. Rm. East
28-Oct	Wednesday	11:30 AM - 1:30 PM	HAMMER, Admin. Bldg., Rm. 14
29-Oct	Thursday	9:00 AM - 3:00 PM	2440 Stevens Bldg., Conf. Rm. 1200
3-Nov	Tuesday	9:00 AM - 12:00 PM	200 West, MO 720 Ops Center
3-Nov	Tuesday	2:00 PM - 4:00 PM	2620 Fermi, Conf. Rm. D109
4-Nov	Wednesday	8:00 AM - 11:00 AM	200 East, MO 511
4-Nov	Wednesday	1:00 PM - 4:00 PM	300 Area, MO 172
5-Nov	Thursday	8:30 AM - 11:00 AM	200 West Labs, 2713 Rm. 131 (222 S Lab Area)
5-Nov	Thursday	1:00 PM - 4:00 PM	200 East, 2704 HV, Rm. G206

*No Cost  
to YOU!*

SHOTS WILL BE AVAILABLE FOR SHIFT WORKERS AT THE 200W HEALTH CARE CENTER, 2719WB  
Starts Oct. 21, 2015: Monday-Friday - 1:30 pm—10:00 pm, Saturday - 8:00 am—2:00 pm

# Resources



- Flu Clinic Hotline: 376-1000
- HPMC OMS Website:  
[www.hanford.gov/health](http://www.hanford.gov/health)
- Benton Franklin Health Department
- [www.flu.gov](http://www.flu.gov)

For more information please contact:

Health and Wellness:	376-3939
Flu Clinic Hotline:	376-1000
Risk Communication:	372-0407

Thank you!



**QUESTIONS?**