

Protecting Yourself Against the Flu

Influenza, or the flu, is a contagious respiratory illness caused by the influenza virus that can infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness and sometimes lead to death.

Flu Symptoms

Flu symptoms include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

* It is important to note that not everyone with the flu will have a fever.



How the Flu Spreads

Flu and cold viruses spread when people with the flu or a cold cough, sneeze or talk. In fact, each cough is filled with at least 3,000 droplets that can travel at speeds up to 50 mph. A sick person's cough could contain two hundred million individual virus particles! Each sneeze contains around 4,000 droplets and can travel speeds over 200 mph! While larger droplets may fall to the floor, the small droplets can remain airborne almost indefinitely and be disbursed in the airflow system. Additionally, a person may get the flu or a cold by touching a surface or object that has one of the flu or cold droplets on it and then touching their own mouth, nose or eyes.

How to Protect Yourself Against the Flu

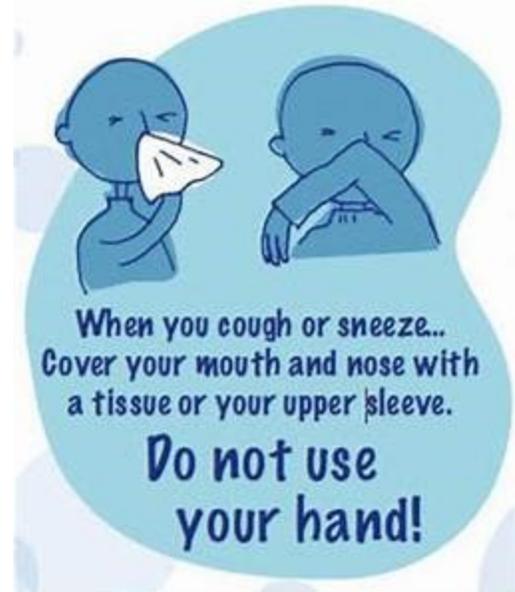
- The CDC (Center for Disease Control) recommends a yearly flu vaccine for everyone 6 months and older by the end of October.
- Wash your hands for a minimum of 20 seconds (hum the "Happy Birthday" song from beginning to end twice).
- Use hand sanitizer with at least 60% alcohol when you can't use soap and water.
- Avoid touching your eyes, nose and mouth.
- Disinfect frequently touched surfaces, such as faucets, door knobs, light switches and remote controls.

What if You Get the Flu?

If you have a fever, bad cough (frequent, loud, painful), you are taking medication that makes you drowsy or you're just too tired and achy to function at work, it is best to stay home because you may be contagious. The CDC recommends staying at home at least 24 hours after your fever goes away, unless you need to leave the house for medical care or other urgent reasons. If the flu symptoms have lasted for 10 days or more while accompanied by a fever, it may have developed into a bacterial infection and you may want to see a physician.

Flu Statistics and Why Is It Important to Protect Yourself and Others

Recent reports indicate that the CDC (Center for Disease Control) estimates that from October 1, 2019 through December 28, 2019, there has been 6,400,000 - 9,000,000 flu illnesses; 3,000,000 - 4,400,000 flu medical visits; 55,000 - 93,000 flu hospitalizations and 2,900 - 7,200 flu deaths.



FIGHT GERMS BY WASHING YOUR HANDS!

- 1 Wet your hands
- 2 Soap
- 3 Lather and scrub - 20 sec
- 4 Rinse - 10 sec
- 5 Turn off tap
- 6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands