

Good Health Practices Can Help Stop Flu

- Wash your hands frequently or use hand sanitizer.
- Cover your mouth and nose when you cough or sneeze.
- Stay home when you are sick.

Flu Treatment

- Flu signs and symptoms:
- Fever over 100.4F or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Vomiting or diarrhea (sometimes)

Flu can be treated with medicine if you get to the doctor early

Ask your doctor for treatment options

- Two (2) influenza antiviral medications are available:
 - Oral oseltamivir (Tamiflu®)
 - Inhaled zanamivir (Relenza®)
- Early antiviral treatment can shorten the duration of fever and illness symptoms and may reduce the risk of complications and death.

- Early antiviral treatment has been shown to shorten the duration of hospitalization in hospitalized children.
- The medications work best when treatment is given within 48 hours of flu onset.

Prevention:

Antiviral medications can also be taken to prevent flu if another household member(s) has the flu.

Influenza Vaccine Providers

You can get a flu vaccine at your doctor's office or a local pharmacy. Visit the Flu Finder site below for a location near you.
www.flushot.healthmap.org

Resources

Tacoma-Pierce County Health Dept.
www.tpchd.org/health-wellness-1/flu-public

People at High Risk of Developing Flu-Related Complications
www.cdc.gov/flu/about/disease/high_risk.htm

Families Fighting Flu
www.familiesfightingflu.org

Flu Complications

Are you at risk for flu complications?



Flu is a Serious Illness

Flu causes 200,000 hospitalizations and 3,000–49,000 deaths per year.

80% of adults and 50% of children hospitalized from flu complications have long-term health conditions.

High Risk Groups

You may be at risk for complications of flu if you have any of the following conditions or belong to any of these groups:

- Children younger than 5 years old, but especially children younger than 2 years
- Adults 65 years and older
- Pregnant women and those who are up to 2 weeks post-partum.
- Chronic lung disease (e.g. COPD, asthma)
- Heart disease (such as congenital heart disease, stroke, etc.)
- Diabetes
- Weakened immune system due to disease or medications
- Cancer
- Blood disorders (such as sickle cell disease)
- Kidney or liver disorders
- Morbid obesity (extreme overweight)
- Residents of long-term care facilities including nursing homes
- People younger than 19 years of age on long-term aspirin therapy
- American Indian and Alaska Native

Specific High Risk Conditions

Diabetes

- People with diabetes (type 1 and 2) are at high risk of serious flu complications.
- Diabetes can make the immune system less able to fight infections.
- Flu can make blood sugar control difficult.

Asthma

- Influenza infection in the lungs can trigger asthma attacks and a worsening of asthma symptoms.
- People with asthma have swollen and sensitive airways, and influenza can cause further cause inflammation of the airways and lungs.

Heart Disease

- 50% of adults hospitalized with the flu during the 2014-2015 flu season had heart disease.
- Studies have shown that influenza is associated with an increase of heart attacks and stroke.

Pregnancy

- Flu is more likely to cause severe illness in pregnant women than in women who are not pregnant.
- Changes in the immune system, heart, and lungs during pregnancy increase the risk of severe illness.
- Flu can cause serious problems for unborn babies, including premature labor and delivery.
- Antibodies from a mother's flu shot can transfer to her baby during pregnancy. These antibodies will help to protect the baby in the early months of life.

Get Vaccinated

The single best way to prevent the flu is to get a flu vaccine each season.

Everyone 6 months and older is recommended for annual flu vaccination.

Flu vaccines made to protect against three (i.e. "trivalent") and four (i.e. "quadrivalent") different flu viruses are available.

High Dose Flu Vaccine for Seniors

- Fluzone High-Dose® is an influenza vaccine designed specifically for people 65 years and older.
- Studies have shown that this vaccine can be more effective in preventing flu and complications of flu in seniors.
- Centers for Disease Control & Prevention does not recommend Fluzone High Dose® over the regular dose, but it is another option for seniors.

Vaccine Safety

- Flu shots have been given millions of people over decades and the safety record is excellent.
- Flu shots are a safe way to protect the mother and her unborn baby from serious illness and complications of flu.

