

## Flu Checklist

**Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.**

### Know the Difference

**Seasonal Flu**—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death.

**Epidemic**—The rapid spread of a disease that affects some or many people in a community or region at the same time.

**Pandemic**—An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

**H1N1 Influenza (swine flu)**—H1N1 influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 influenza, but human infections can and do happen. H1N1 influenza viruses have been reported to spread from person-to-person.

**Avian Influenza**—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

### What should I do to avoid getting sick?



**A flu vaccine is available in the U.S. every year. Get your flu shot as soon as it is available for the best chance of protection.**

- Always practice good health habits to maintain your body's resistance to infection.
  - Eat a balanced diet.
  - Drink plenty of fluids.
  - Exercise daily.
  - Manage stress.
  - Get enough rest and sleep.
- Take these common sense steps to stop the spread of germs:
  - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
  - Avoid or minimize contact with sick people (a minimum three feet distancing is recommended).
  - Avoid touching your eyes, nose and mouth.
  - Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
  - Stay away from others as much as possible when you are sick.
- Adopt business/school practices that encourage employees/students to stay home when sick.
- Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

### Are you considered high risk for flu-related complications?

- The following groups of people are at an increased risk: people age 50 or older, pregnant women, people with chronic medical conditions, children age 6 months and older and people who live with or care for anyone at high risk.
- People at high risk should have their vaccinations updated every year and receive pneumococcal pneumonia vaccine if age 50 or older, as directed by their physician.

### Do I have the flu?



### Be aware of common flu symptoms:

- High fever
- Severe body aches
- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*

### Diagnosing the flu:

- It may be difficult to tell if you are suffering from the flu or another illness.
- Your health care provider may be able to tell you if you have the flu.
- If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

### Potential risks and serious complications of the flu:

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

### What should I do when someone is sick?



- Designate one person as the caregiver.
- Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.

### Terminology defined

**Immunity** to a disease is defined by the presence of antibodies to that disease in a person's system. Most people have some resistance to infections, either after they recover from an illness or through vaccination. Seasonal flu viruses change over time and immunity to them cannot be acquired unless vaccination is administered.

**Quarantine** is the physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

**Isolation** is a state of separation between persons or groups to prevent the spread of disease.

**Social distancing** is a practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.

