

## *Influenza*

Influenza is spread from person-to-person through coughing or sneezing of infected individuals.

- Take everyday actions to stay healthy.
  - Cover nose and mouth with tissue when you cough or sneeze. Throw tissue away, then wash your hands to avoid spreading of virus.
  - Cough in your sleeve if no tissue available.
  - Wash hands frequently if you are coughing and sneezing. Hand sanitizer solutions can also be used.
  - Avoid touching eyes, nose, or mouth. That is how the virus is spread.
  - Stay home if you get sick.
    - Center for Disease Control (CDC) recommends that you stay home for 24 hours after fever is gone before returning. Limit contact with other individuals as well during this time.
  - Treat symptoms: Tylenol for fever, drink plenty of fluids, and rest.
    - If symptoms worsen then call health care provider.
  - Find healthy ways to deal with stress and anxiety. These conditions weaken the immune system therefore, making you more susceptible to getting the flu.
  - For more information call 1-800-CDC-INFO.
- The CDC currently recommends that antiviral medication be used for high risk patients.
  - Children younger than 5 years of age
  - Adults 65 years or older
  - Persons with following conditions
    - Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurologic, neuromuscular, or metabolic disorders (including diabetes mellitus)
    - Immunosuppression, including that caused by medications or by HIV
    - Pregnant women
    - Persons younger than 19 years of age who are taking long-term aspirin therapy
    - Residents of nursing homes, and other chronic care facilities.
    - For more information go to :  
<http://www.cdc.gov/h1n1flu/recommendations.htm>.  
<http://www.flu.gov>