

# October Newsletter

Utah County Health Dept.

10/1/2016

Immunizations

## *Say Boo to the Flu!!*

What is Influenza?

Time to clarify exactly what influenza is. When you have seen one flu season, you have only seen one flu season. Each year is a new season. Each year is different. Educate your school community about the influenza virus, how it is spread, and how the spread can be interrupted.

Halloween happens this month. The influenza vaccine will keep students and school personnel healthy and ready to enjoy the tricks and treats.

### *National Activities for October:*

National, regional, and state surveillance has begun. To track, go to Flu View at [www.cdc.gov/flu/weekly](http://www.cdc.gov/flu/weekly)

Flu clinics have begun – go to a locally held clinic or UCHD!

Symptoms	Cold	Flu	Allergies
Aches & Pains	Yes	Yes	No
Cough	Yes	Yes	Maybe
Exhaustion	No	Yes	Maybe
Fatigue, Weakness	Yes	Yes	Yes
Fever	Maybe	Yes	No
Headache	No	Yes	Maybe
Itchy watery eyes	No	No	Yes
Rash	No	No	Yes
Sneezing	Yes	Maybe	Yes
Sore Throat	Yes	Maybe	Maybe
Stuffy Nose	Yes	Maybe	Yes

## *Monthly Message*

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The theme this month is:  
**SAY BOO TO THE FLU!**

The flu vaccine will keep you healthy and ready to enjoy the tricks & treats of Halloween. The little word 'flu' may sound like a treat, but it is definitely a 'trick'.

What can you do to stop the spread of influenza?

Get your vaccine.

Wash hands frequently

Practice cough & sneeze etiquette

Avoid touching your eyes, nose or mouth

Contact your healthcare provider within 48 hours if illness develops

Stay home when ill.

I really like the following comparison chart, also below are flyers and informational sites.

<https://www.niaid.nih.gov/topics/Flu/Documents/sick.pdf>

What is Influenza?

<http://www.cdc.gov/flu/images.htm>

<http://www.cdc.gov/flu/about/qa/coldflu.htm>

**Influenza is Contagious:**

[http://www.cdc.gov/flu/pdf/protect/cdc\\_cough.pdf](http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf)

[http://www.cdc.gov/flu/pdf/protect/pt/covercough\\_hcp8-5x11\\_pt.pdf](http://www.cdc.gov/flu/pdf/protect/pt/covercough_hcp8-5x11_pt.pdf)

**Educate school personnel on how to slow the spread of Influenza at school:**

<http://www.cdc.gov/flu/school/cleaning.htm>

## Vaccine of the Month: ***Influenza***

**What:** Influenza (“flu”) is a contagious disease that spreads around the United States every year. Usually between October and May. It is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

**Who:** Anyone can get the flu. Flu strikes suddenly and can last several days. Flu is most dangerous for infants and young children, and people 65 years and older, pregnant women, and those with weakened immune systems. **ALL** people who **DONT** have an allergy to the vaccine should be vaccinated. Some people with a history of Gillian-Barre Syndrome should not get this vaccine.

**When:** It takes about 2 weeks for protection to develop after vaccination. A dose of flu vaccine is recommended **every** flu season. The best time is at the beginning of the flu season.

**Where:** 0.5ml of flu vaccine serum is administered at a 90 degree angle into the deltoid muscle for all people over the age of 3. There are a variety of options in flu vaccines, so make sure you are administering the one that is appropriate for your client.

**Why:** Each year thousands of people in the U.S. die from flu and many more are hospitalized. The flu vaccine can keep you from getting the flu, make flu less severe if you do get it, and keep you from spreading flu to your family and other people.

**For more information:** Visit CDC’s website at [www.cdc.gov/flu](http://www.cdc.gov/flu)