

Fight the Flu

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For more information on ways to lead a healthier lifestyle
visit our website getheathyct.org



September 2020



Everyday Preventive Actions Can Help Fight Germs, Like Flu

FIGHT FLU



CDC recommends three actions to fight flu.

1. The first and most important step is to get a flu vaccination each year.
2. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.
3. Take everyday preventive actions that may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
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For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.

Tomar medidas preventivas diarias puede ayudar a combatir los microbios, como los de la influenza

#COMBATA LA INFLUENZA



Los CDC recomiendan tomar tres medidas para combatir la influenza.

La primera y más importante medida es vacunarse contra la influenza cada año.

1. Si se enferma de influenza, tome los medicamentos antivirales si su médico se los receta. El tratamiento temprano es especialmente importante para las personas de edad avanzada, los niños muy pequeños, las personas con determinadas afecciones crónicas y las mujeres embarazadas.
2. Tome medidas preventivas diarias que puedan disminuir la propagación de los microbios que causan enfermedades respiratorias (nariz, garganta y pulmones) como la influenza. Este volante contiene información sobre las medidas preventivas diarias.

¿Cómo se propaga la influenza?

Se cree que los virus de la influenza se propagan principalmente de persona a persona a través de las gotitas que se forman cuando las personas enfermas tosen, estornudan o hablan. Aunque no sucede a menudo, una persona podría contraer la influenza al tocar una superficie o un objeto donde esté el virus y luego tocarse la boca, la nariz o posiblemente los ojos. Hay muchos otros virus que se transmiten también de esta manera. Las personas infectadas por el virus de la influenza pueden infectar a otras desde 1 día antes de que se presenten los síntomas y hasta 5 a 7 días después de enfermarse. Esto significa que usted puede transmitir el virus de la influenza antes de saber que está enfermo, de la misma manera que cuando está enfermo. Los niños pequeños, las personas gravemente enfermas y todas aquellas que tengan el sistema inmunitario muy debilitado pueden infectar a los demás por más de 5 a 7 días.

¿Qué son las medidas preventivas diarias?

- Trate de evitar el contacto cercano con las personas enfermas.
- Si usted, o su hijo, presenta síntomas similares a los de la influenza, los CDC recomiendan que se quede en casa por al menos 24 horas después de que haya pasado la fiebre, excepto para recibir atención médica o por otras necesidades. La fiebre debe haber desaparecido sin la ayuda de medicamentos para reducirla.
- Mientras esté enfermo, limite lo más que pueda el contacto con los demás para evitar contagiarlos.
- Cúbrase la nariz y la boca con un pañuelo desechable cuando tosa o estornude. Después de usarlo, bótelos a la basura y lávese las manos.
- Lávese frecuentemente las manos con agua y jabón durante al menos 20 segundos. Si no hay agua y jabón disponibles, use un desinfectante para manos a base de alcohol.
- Evite tocarse los ojos, la nariz y la boca. Los microbios se propagan de esta manera.
- Limpie y desinfecte las superficies y los objetos que puedan estar contaminados con microbios que puedan causar enfermedades respiratorias como la influenza.
- Si ocurre un brote de influenza o de otra enfermedad, siga los consejos de las autoridades de salud pública. Esto puede incluir información sobre cómo aumentar la distancia entre las personas y otras medidas.



Para obtener más información, visite:
<https://espanol.cdc.gov/enes/flu/>
o llame al **1-800-CDC-INFO**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

¿Cuáles otras medidas puedo tomar en el trabajo para evitar la propagación de los microbios que causan enfermedades respiratorias como la influenza?

- Pregunte sobre los planes que tiene su empleador en caso de un brote de influenza o de otra enfermedad y si se ofrecen vacunas contra la influenza en su lugar de trabajo.
- Limpie de manera habitual los objetos y las superficies que se tocan con más frecuencia, como las manijas de las puertas, los teclados y teléfonos, para ayudar a eliminar los microbios.
- Asegúrese de que en su lugar de trabajo haya un suministro adecuado de jabón, toallas de papel, pañuelos desechables, desinfectantes para manos a base de alcohol y toallitas húmedas desechables.
- Enséñeles a otras personas cómo hacer su trabajo para que lo puedan cubrir en caso de que usted o alguien de su familia se enferme y tenga que quedarse en casa.
- Si comienza a sentirse mal en el trabajo, váyase a casa lo antes posible.



¿Qué otras medidas preventivas puedo tomar para proteger a mis hijos de los microbios que causan las enfermedades respiratorias, como la influenza?

- Pregunte sobre los planes que tienen en la escuela, la guardería o la universidad de sus hijos en caso de un brote de influenza o de otra enfermedad y si se ofrecen vacunas contra la influenza en esos establecimientos.
- Asegúrese de que en la escuela, la guardería o la universidad de su hijo limpien los objetos y las superficies que se tocan con mayor frecuencia y que tengan suministros suficientes de jabón, pañuelos desechables, toallas de papel, desinfectantes para manos a base de alcohol y toallitas húmedas desechables.
- Pregunte cómo mantendrán alejados a los estudiantes y a los miembros del personal que estén enfermos y quién los cuidará hasta que se puedan ir a su casa.

Las medidas preventivas diarias pueden ayudar a disminuir la propagación de microbios que causan muchas enfermedades diferentes, y pueden ofrecer alguna protección contra la influenza.



Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

Flu Complications

Most people who get flu will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of flu, some of which can be life-threatening and result in death.

Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication that can result from either influenza virus infection alone or from co-infection of flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissues, and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have flu, and people with chronic heart disease may experience a worsening of this condition triggered by flu.

People at High Risk from Flu

Anyone can get sick with flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women and children younger than 5 years, but especially those younger than 2 years old.

What are the emergency warning signs of flu? People experiencing these warning signs should obtain medical care right away.

In children

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

In adults

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

| Signs and Symptoms | Cold | Influenza (Flu) |
|-------------------------|---------------------------------|-----------------------|
| Symptom onset | Gradual | Abrupt |
| Fever | Rare | Usual; lasts 3-4 days |
| Aches | Slight | Usual; often severe |
| Chills | Uncommon | Fairly common |
| Fatigue, weakness | Sometimes | Usual |
| Sneezing | Common | Sometimes |
| Chest discomfort, cough | Mild to moderate; hacking cough | Common; can be severe |
| Stuffy nose | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Headache | Rare | Common |



Síntomas de la influenza

La influenza puede causar una enfermedad leve o grave y en ocasiones puede llevar a la muerte. La influenza es diferente al resfriado. Por lo general, la influenza comienza de repente. Las personas con influenza a veces sienten algunos o todos estos síntomas:

- fiebre* o sentirse afiebrado/con escalofríos
- tos
- dolor de garganta
- secreción o congestión nasal
- dolores musculares o corporales
- dolores de cabeza
- fatiga (cansancio)
- algunas personas pueden tener vómitos y diarrea, aunque esto es más común en los niños que en los adultos.

*Es importante aclarar que no todas las personas con influenza tendrán fiebre.

Complicaciones por la influenza

La mayoría de las personas que contraen la influenza se recuperarán en un periodo que va desde unos pocos días hasta menos de dos semanas, pero algunas personas desarrollan complicaciones (como la neumonía) como consecuencia de la influenza, algunas de las cuales pueden poner en riesgo la vida y causar la muerte.

Las infecciones sinusales y del oído son ejemplos de las complicaciones moderadas de la influenza mientras que la neumonía es una complicación grave a causa de la influenza que puede causar infección por el virus de la influenza o coinfección bacteriana y por el virus de la influenza. Otras posibles complicaciones graves desencadenadas por la influenza pueden ser la inflamación del tejido que rodea el corazón (miocarditis), el tejido cerebral (encefalitis) o el tejido muscular (miositis, rabdomiólisis) y la insuficiencia multiorgánica (p. ej., insuficiencia renal y respiratoria). La infección de las vías respiratorias por el virus de la influenza puede desencadenar una respuesta inflamatoria en el cuerpo y puede derivar en una sepsis, una respuesta a infecciones que pongan en peligro la vida. La influenza también puede empeorar otros problemas de salud crónicos. Por ejemplo, las personas con asma pueden sufrir ataques de asma mientras tienen influenza y las personas con enfermedades cardíacas crónicas pueden presentar un agravamiento de su condición desencadenado por la influenza.

Personas con alto riesgo de contraer influenza

Cualquiera puede contraer la influenza (incluso las personas sanas) y los problemas de salud graves a causa de la influenza pueden surgir a cualquier edad; sin embargo, algunas personas tienen alto riesgo de presentar complicaciones graves relacionadas con la influenza si contraen la enfermedad. Esto incluye a las personas de 65 años de edad en adelante, personas de cualquier edad con ciertas afecciones crónicas (como el asma, la diabetes o enfermedades cardíacas), las mujeres embarazadas y los niños menores de 5 años, pero especialmente los que tienen menos de 2 años.

¿Cuáles son los signos de advertencia de emergencia de la influenza?

Las personas que experimentan estos signos de advertencia deberían recibir atención médica de inmediato.

En los niños

- Respiración acelerada o problemas para respirar
- Coloración azulada en los labios o el rostro
- Se expande la caja torácica al respirar
- Dolor de pecho
- Dolor muscular intenso (el niño se rehusa a caminar)
- Deshidratación (no orina por 8 horas, tiene la boca seca y al llorar no tiene lágrimas)
- No está alerta ni interactúa cuando está despierto
- Convulsiones
- Fiebre por encima de los 104 °F
- En el caso de niños menores de 12 semanas, cualquier cuadro febril
- Fiebre o tos que mejora pero reincide o empeora
- Agravamiento de las afecciones crónicas

En los adultos

- Dificultad para respirar o falta de aire
- Dolor o presión constante en el pecho o abdomen
- Mareos persistentes, confusión, dificultad para despertarse
- Convulsiones
- No orina
- Dolor muscular intenso
- Debilidad o inestabilidad intensa
- Fiebre o tos que mejora pero reincide o empeora
- Agravamiento de las afecciones crónicas

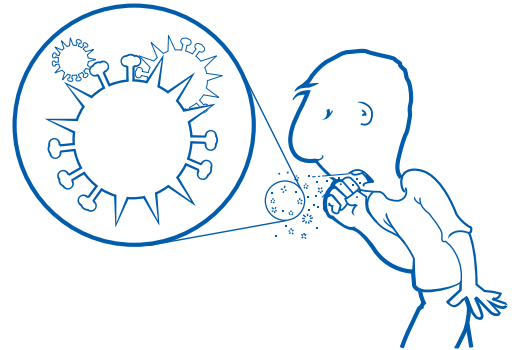
Estas listas no incluyen todo. Consulte a su proveedor de atención médica ante cualquier otro síntoma grave o que le preocupe.

| Signos y síntomas | Resfriado | Influenza (gripe) |
|------------------------------|-----------------------------|----------------------------|
| Comienzo de los síntomas | Gradual | Repentino |
| Fiebre | Poco frecuente | Normal; dura 3 a 4 días |
| Dolores | Leve | Habitual; a menudo intenso |
| Escalofríos | Poco común | Bastante común |
| Fatiga, debilidad | A veces | Normal |
| Estornudo | Común | A veces |
| Incomodidad en el pecho, tos | Leve a moderado; tos áspera | Común; puede ser intenso |
| Nariz tapada | Común | A veces |
| Dolor de garganta | Común | A veces |
| Dolor de cabeza | Poco frecuente | Común |

Influenza (Flu)

What is the flu?

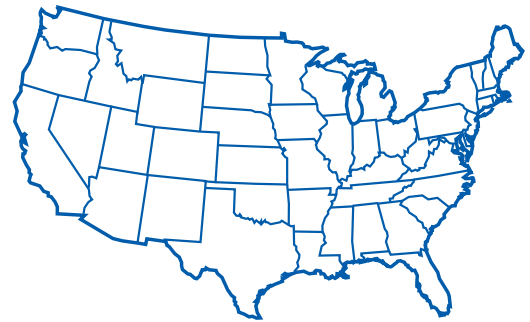
The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



Flu in People

Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

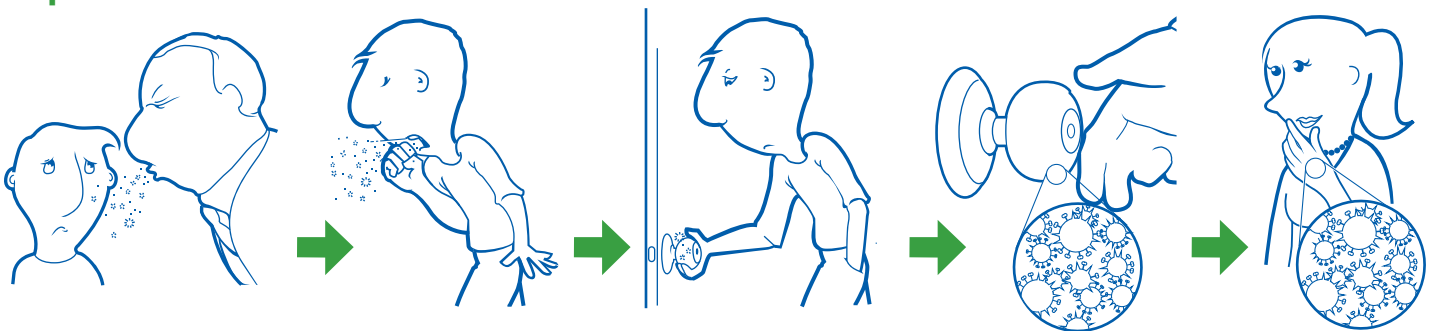


How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.

People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

Spread of the virus:



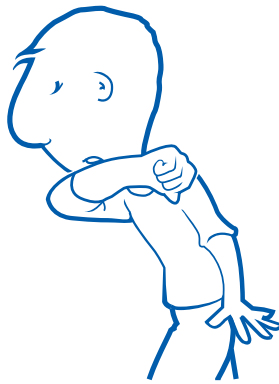
INFLUENZA (FLU) Flu and You

How do you know if you have the flu?

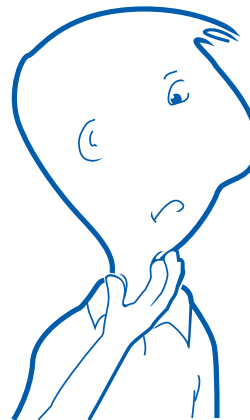
Signs of the flu can include:



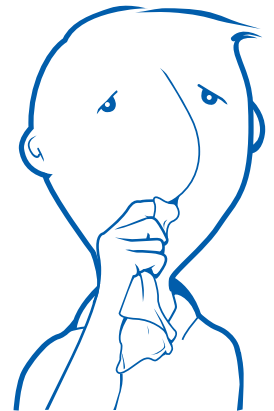
Fever



Cough



Sore throat



Runny or stuffy nose



Feeling weak or more tired than usual



Headache

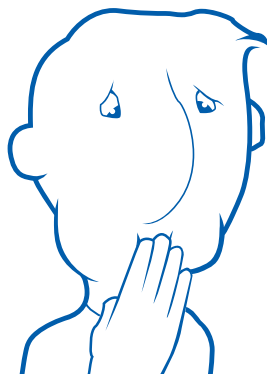


Chills



Body aches

Two less common signs of the flu include:



Vomiting



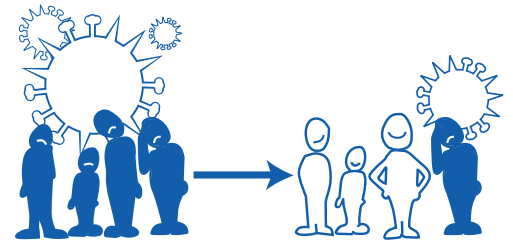
Diarrhea

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.

INFLUENZA (FLU) Flu and You

How sick do people get with the flu?

Some people get very sick and others do not. Most people who get sick get better without seeing a doctor or taking medicine. However, some people can get very sick from the flu and can die. Many of the people who get very sick are older than 65 years or have a medical condition such as: diabetes, heart disease, asthma, or kidney disease, or are pregnant. Children younger than 5 years of age are also at greater risk.



How long can a person with the flu spread the virus to other people?

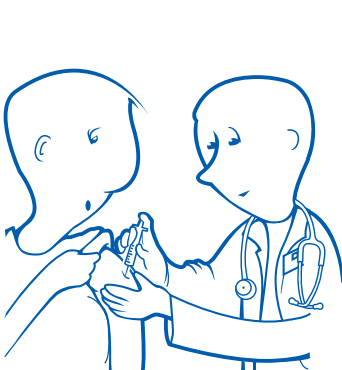
Most people may be able to spread the flu from 1 day before showing symptoms to 5 to 7 days after symptoms begin. Severely ill persons or young children may be able to spread the flu longer.

| | | | | | | |
|----|----|----|----|----|----|----|
| | ① | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

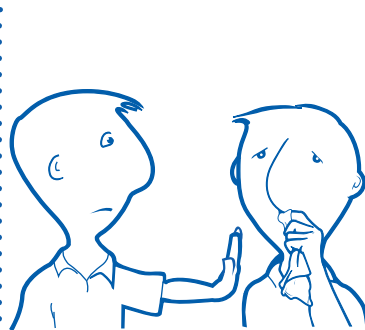
Prevention & Treatment

What can I do to protect myself from getting sick?

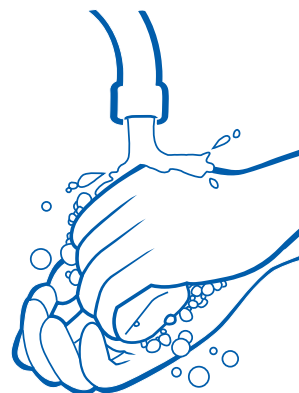
CDC recommends these steps to fight the flu:



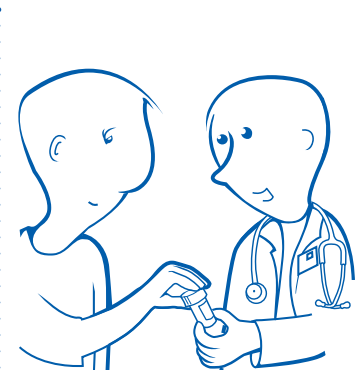
Vaccination



Stay away from people who are sick.



Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.



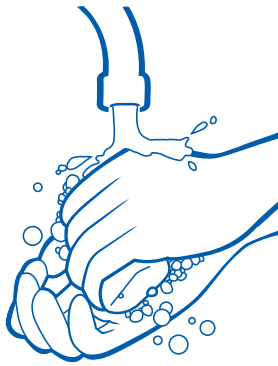
Use medication the way your doctor recommends it.

INFLUENZA (FLU) Flu and You

Everyday health habits to protect your health and the health of others:



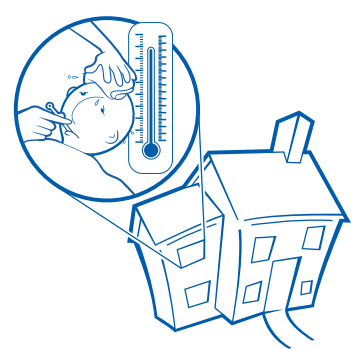
Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Do not touch your eyes, nose or mouth because germs spread this way.



If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.*

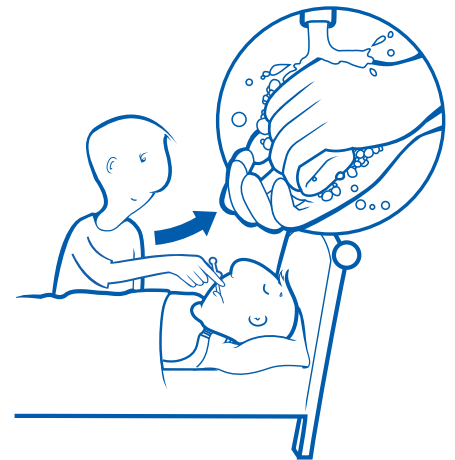
**Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don't make them sick.*

During flu season, be prepared in case you get sick and need to stay home for a few days. Keep some over-the-counter medicines, alcohol-based hand rubs, tissues, and anything else you need so that you do not have to go out while you are sick. If you are really sick or have other medical conditions or concerns, call your doctor. Your doctor will let you know if you need a flu test, flu treatment, or other care.



If I have a family member at home who is sick with the flu, should I go to work?

People who are not sick but have a sick family member at home with the flu can go to work as usual. Take simple steps such as washing your hands often with soap and warm water. If you cannot find soap and water, use an alcohol-based hand rub. Take these steps to prevent getting the flu from a sick family member.



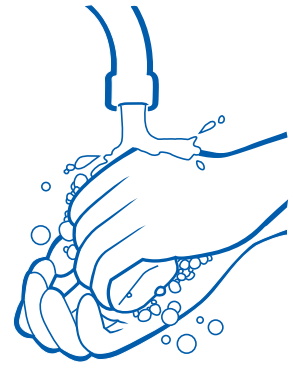
INFLUENZA (FLU) Flu and You

What is the best way to wash my hands to avoid germs?

Washing your hands often will help protect you from germs. When you wash your hands:

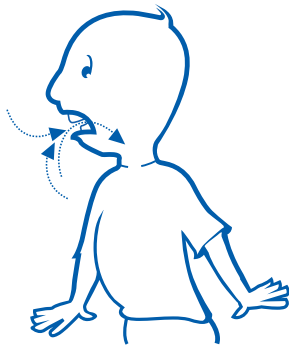
- Use soap and warm water.
- Wash for 15 to 20 seconds.

When soap and water are not available, use an alcohol-based hand rub. If using a hand rub, rub your hands with the sanitizer until they are dry.

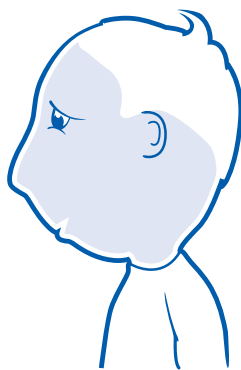


If you or someone you know gets sick and shows any of the following warning signs, get **EMERGENCY** medical care:

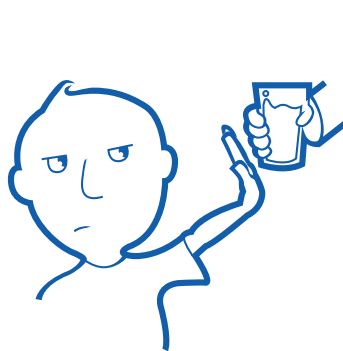
In children:



Fast breathing or trouble breathing



Bluish or gray skin color



Not drinking enough fluids



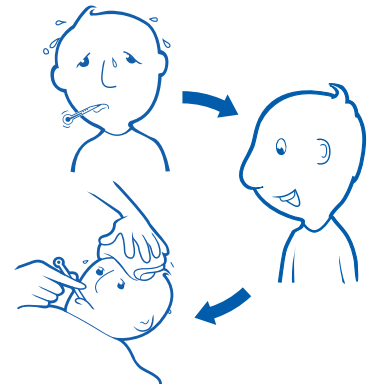
Serious or constant vomiting



Not waking up or not interacting



Being so irritable that the child does not want to be held



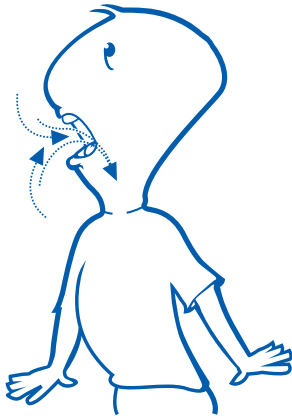
Flu-like symptoms improve but then return with fever and worse cough

In infants:

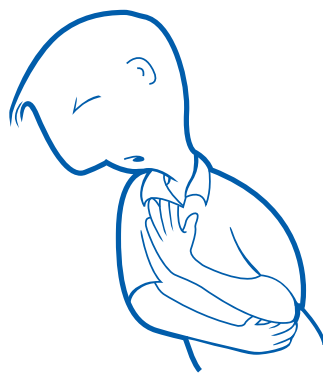
You should also look for these warning signs: being unable to eat, having no tears when crying, and having far fewer wet diapers than normal.

INFLUENZA (FLU) Flu and You

In adults:



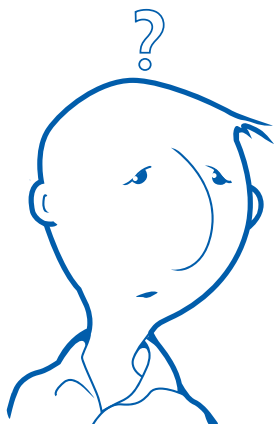
Hard time breathing or shortness of breath



Pain or pressure in the chest or stomach



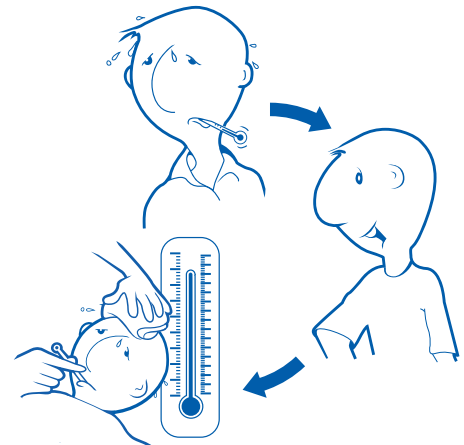
Sudden dizziness



Confusion



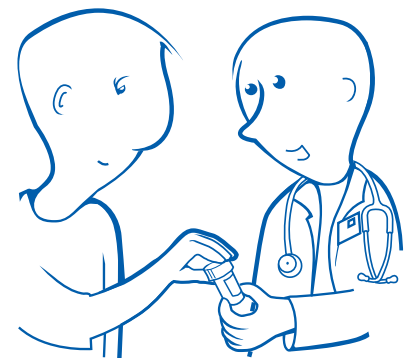
Serious or constant vomiting



Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat the flu?

Yes. Prescription medicines called antiviral drugs can treat the flu. If you are sick, these drugs can make you feel better faster and make the flu feel milder. Most people who get sick get better without the need for these medicines. But, if you need help getting well, your doctor may decide to give you antiviral drugs.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.



How is the flu shot different from the nasal spray vaccine

Unlike the flu shot, which is made from a killed virus that is injected into your muscle, the nasal spray is a live virus which you breathe in through your nose. The nasal spray is made with a virus strong enough to cause your body to make antibodies, but not strong enough to make you sick.

- The nasal spray should only be used for healthy people between the ages of 2 and 49 years old.
- The flu shot can be used for healthy people and people who have health conditions who are over the age of 6 months.
- Both the shot and the nasal spray vaccines will protect you from the flu.



Up your flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch for updates and additional information
- Flu.gov – www.flu.gov
- Department of Public Health Immunizations – www.ct.gov/dph/immunizations

u p y o u r
FLU IQ

**Your best defense:
the importance
of seasonal flu
vaccinations.**

www.ct.gov/ctfluwatch
or call 860-509-7929



Get vaccinated

The single best thing you can do to protect yourself from influenza (the flu), is to get vaccinated. The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months get a flu vaccine every year.

Based on who is most likely to get the flu, and who is at greatest risk of getting very sick from it, certain people should get vaccinated first. These include:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Children 6 months through 19 years of age – especially very young children
- People 50 years and older
- People of any age who have health conditions that put them at risk for getting very sick from the flu. Ask your healthcare provider if you have a condition that may put you at risk.



Where to get vaccinated

You can get the flu vaccine in a number of different places. These include getting the vaccine from your regular healthcare provider or going to a clinic held by your local health department, school, workplace or pharmacies.

- The flu vaccine comes in an injectable shot or a nasal spray.
- People who are allergic to eggs may have an allergic reaction to flu vaccines and should not get either vaccine.
- To find out where you can get vaccinated, contact your healthcare provider, local health department or visit www.flucliniclocator.org.



Why should certain groups get the vaccine first

Certain people, depending on their age, health, or other factors, may be at a higher risk of getting the flu or getting very sick from the flu. These people should be vaccinated first.



Is the flu vaccine safe

The flu vaccine has a very good safety track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. As with many vaccines, there can be side effects. These are usually not serious and include redness, soreness or swelling at the site of the vaccination.



¿En qué se diferencia la vacuna inyectada de la que se aplica por vía nasal?

La vacuna inyectada consiste en virus muertos que se inyectan en los músculos, mientras que el rociador nasal es un virus vivo que se respira por la nariz. El rociador nasal contiene virus con la fuerza suficiente para que el cuerpo produzca anticuerpos, pero sin la fuerza suficiente para causar la enfermedad.

- El rociador nasal solamente debe aplicarse a personas sanas de entre 2 y 49 años.
- La vacuna inyectada se puede aplicar a personas sanas y con problemas de salud que sean mayores de 6 meses.
- Tanto la vacuna inyectada como el rociador nasal le protegen de la gripe.



Aumente su flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch para noticias recientes e información adicional
- Flu.gov – www.flu.gov
- Vacunación del Departamento de Salud Pública – www.ct.gov/dph/immunizations

a u m e n t e s u
FLU IQ

**Su mejor defensa:
la importancia
de la vacuna
contra la gripe.**

www.ct.gov/ctfluwatch
o llame al 860-509-7929





Vacúnese

Lo mejor que puede hacer para protegerse de la influenza (gripe) es vacunarse. Los Centros para el Control y la Prevención de las Enfermedades recomiendan que toda persona mayor de 6 meses reciba cada año la vacuna contra la gripe.

Debido a que hay gente con más posibilidades de enfermarse de gripe y quienes tienen un mayor riesgo de enfermarse seriamente, ciertas personas deben vacunarse primero. Entre ellas se encuentran:

- Las mujeres embarazadas
- Los responsables de familias y los que cuidan a niños menores de 6 meses
- El personal de servicios médicos y de emergencia
- Las personas de 6 meses a 19 años, sobre todo los niños pequeños
- Las personas de más de 50 años
- Las personas de todas las edades con condiciones de salud que las ponga en riesgo de enfermarse seriamente a consecuencia de la gripe. Pregunte a su proveedor de atención médica si usted se encuentra en riesgo.



Dónde vacunarse

Hay una gran cantidad de lugares dónde puede vacunarse contra la gripe. Puede recibir la vacuna de su proveedor de servicios de salud, ir a una clínica del departamento de salud de su localidad o bien, ir a una escuela, a un centro de trabajo o a una farmacia.

- La vacuna contra la gripe viene en solución inyectable o en rociador nasal.
- Las personas que son alérgicas al huevo podrían tener una reacción de alergia a la vacuna y por lo tanto no deben intentar recibir ninguna de las dos versiones.
- Para averiguar dónde vacunarse, llame a su proveedor de servicios médicos, llame al departamento de salud de su localidad o vaya a la página www.flucliniclocator.org.



Por qué ciertos grupos de personas deben vacunarse primero

Ciertas personas, según su edad, estado de salud y otros factores, podrían estar en mayor riesgo de contraer gripe o de enfermarse seriamente a raíz de ella. Ese tipo de personas debe vacunarse primero.



¿Es segura la vacuna contra la gripe?

La vacuna tiene un buen historial en cuanto a seguridad. A través de los años, millones de estadounidenses han recibido la vacuna contra la gripe estacional. Como con muchas otras vacunas, se pueden presentar efectos secundarios. Los efectos normalmente no son de seriedad e incluyen rojez, dolor e hinchazón en el lugar de la vacuna.

A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



For more information, visit: www.cdc.gov/flu
or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- Standard dose flu shots made from virus grown in eggs.
- Shots made with adjuvant and high dose for older adults.
- Shots made with virus grown in cell culture instead of eggs.
- Shots made using a recombinant vaccine production technology that does not require the use of a flu virus.
- Live attenuated influenza vaccine (LAIV, the nasal spray vaccine), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.

Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

What are the side effects of flu vaccines?

Flu shots: Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the vaccine finder at [to find a flu vaccination clinic near you](#).



What if my child seems very sick?

If your child is experiencing any of the following emergency warning signs, you should take him or her to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104° F
- In children younger than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



When can my child go back to school after being sick?

- Your child should stay home for at least 24 hours after their fever is gone.
- The fever should be gone without the use of a fever-reducing medicine, such as acetaminophen or ibuprofen.
- A fever is defined as 100° F/37.8° C or greater*

**Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.*

Is a flu vaccine safe for my child with chronic health problems?

Yes. Flu vaccines have a good safety record and a number of them are approved for use in children older than 6 months, including healthy children and children with certain chronic health conditions. Because children with chronic health conditions are at a high risk of getting flu related complications, it is especially important that they get vaccinated.

What flu vaccine should my child get and how many doses?

In general, children with chronic medical conditions should get a flu shot rather than a nasal spray flu vaccine. Your health care provider can help choose the best vaccine option. Additionally, children younger than 9 years old may need 2 doses of the vaccine the first time they receive flu vaccine. Talk with your health care provider to discuss how many doses are recommended for your child.

How can I plan ahead with my child's school or child care?

Find out your child's school or childcare providers plan for flu season. Let them know your child is at high-risk for flu-related problems.

CDC recommends that all children 6 months and older, especially those with chronic health conditions, get a seasonal flu vaccine every year.

For more information, visit

www.cdc.gov/flu

or call 800-CDC-INFO



**U.S. Department of
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Control and Prevention

Flu Information



Flu:

A guide for parents of children or adolescents with chronic health conditions

What is flu?

Influenza (flu) is a contagious respiratory illness that infects the nose, throat and lungs caused by influenza viruses. It can cause mild to severe illness, and at times complications from flu can lead to hospital stays and death. Children younger than 5, but especially children younger than 2 years old, and children and adolescents with certain chronic health conditions are at high risk of developing serious flu complications. The best way to reduce the risk of flu and its potentially serious complications is to get a flu vaccine each year.

How do I know if my child's medical condition puts them at high risk of developing serious flu complications?

A child of any age is at high risk of flu complications if he/she has any of the following chronic health conditions:

- Asthma
- Neurologic and neurodevelopment conditions [including disorders of the brain, spinal cord, peripheral nerve and muscle, such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury]
- Chronic lung disease (such as cystic fibrosis)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as children or adolescents with HIV or AIDS, cancer, or those on chronic steroids)
- Children who are taking aspirin or salicylate-containing medicines
- Extreme obesity, which has been associated with severe influenza illness in some studies of adults, may also be a risk factor for children. Childhood obesity is defined as a body mass index (BMI) at or above the 95th percentile, for age and sex.



What are signs and symptoms of flu?

Signs and symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, feeling feverish/chills, fatigue (tiredness), and sometimes children may also have vomiting and diarrhea with flu. It is important to note that some sick with flu may not have a fever.

What is a flu complication?

Most people who get flu will recover in a few days to less than 2 weeks, but some people will develop complications (health problems such as pneumonia) as a result of flu, some of which can be life-threatening.

Pneumonia, sinusitis, and ear infections are 3 examples of complications from flu. Flu also can make certain chronic health conditions worse. For example, people with asthma may experience asthma attacks while they have flu.

How can I protect my child against flu?

The most important thing is for your child to get a flu vaccine every year. Children younger than 6 months old are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them and all household members aged 6 months and older should be vaccinated.

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

- Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them.
- Remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses.

These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.



What can I do if my child gets sick?

- **Seek medical care:** Call or take your child with chronic health conditions to a medical provider as soon as possible if your child develops flu symptoms—they may want to begin treatment with a flu antiviral drug. Antiviral drugs are prescription medicines that fight against flu in your body. Antiviral treatment works best when started soon after flu illness begins, so don't delay in contacting your child's health care provider if he/she has symptoms that might be caused by flu.
- **Stay at home:** Keep your child at home, except for medical visits, until your child's fever is gone for at least 24 hours (without the use of fever-reducing medications).
- **Cover coughs:** Ensure that your child covers coughs and sneezes.
- **Encourage rest and fluids:** Make sure your child gets plenty of rest and drinks fluids to keep from becoming dehydrated.
- **Ask about medicines:** Ask your medical provider about fever-reducing medicines based on your child's age. Children younger than 4 years old should not be given over-the-counter cold or cough medicines without approval from a health care provider. Aspirin should not be given to children or teenagers who have flu; this can cause a rare but serious illness called Reye syndrome.
- **Protect those at high risk of flu complications:** Pregnant women, adults 65 years and older, and people with immunosuppression or chronic health conditions are at high risk for flu complications, and should get a flu shot as the best protection against flu. If possible, those who are at high risk should not be the main caregiver of a child with flu. Additionally, infants younger than 6 months old are too young to be vaccinated. The best way to protect infants is to make sure the people around them are vaccinated.

Keep your BBQ/Picnic Foods Safe to Help Keep You and Your Guests Safe!



Are you planning one more barbecue for Labor Day, the unofficial end of summer? September is National Food Safety Education Month! There is no better time to be aware of ways to prevent food poisoning for you and your guests. Every year 48 million people experience a foodborne illness resulting in 128,000 hospitalizations and 3,000 deaths. No matter how you plan on enjoying a meal outside, it is important to follow food safety precautions to help prevent foodborne illnesses.

Follow these food safety tips to help keep you and your picnic/BBQ guests safe:

1. Cold foods should stay *cold*!

- Keep cold foods in a cooler with ice or gel packs
 - At or below 40°F
- Keep perishable foods in their own cooler
 - Keep the cooler closed
- Don't let foods sit out for longer than 2 hours
 - If greater than 90°F outside, throw away after 1 hour

2. Hot foods should stay *hot*!

- Keep foods hot in an insulated container
 - At or above 140°F
- Don't let foods sit out for longer than 2 hours
 - If greater than 90°F outside, throw away after 1 hour

3. General reminders:

- Wash your hands before cooking, eating, and after handling raw meat.
- Pack a thermometer to make sure foods are cooked to the right temperatures.
- Pack separate ice to use in drinks.
- Clean produce with tap water prior to packing.

On the Grill

*Marinate foods in the refrigerator.

*Use separate utensils and plates for raw and cooked meat and poultry- do not mix!

*Cook foods to safe internal temperatures:

- Poultry: 165°F
- Beef, Pork, Veal, Lamb: 145°F
- Ground meat: 160°F
- Ground poultry: 165°F

*Keep cooked food hot by moving to side of the grill or place in insulated container



Healthy Coleslaw

<https://feelgoodfoodie.net/recipe/healthy-coleslaw/>

Ingredients

- For the slaw:
 - 6 cups shredded green cabbage
 - 2 cups shredded red cabbage
 - 1 cup shredded carrots
- For the dressing:
 - ½ cup plain Greek yogurt
 - ¼ cup extra virgin olive oil
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon maple syrup
 - 1 teaspoon garlic minced
 - ½ teaspoon salt
 - ¼ teaspoon black pepper



Nutrition Facts

| |
|-------------------------|
| Serving Size: 1.5 cups |
| Serves: 6 |
| Calories: 136 |
| Fat: 9g |
| Saturated Fat: 1g |
| Total Carbohydrate: 11g |
| Fiber: 3g |
| Sugars: 7g |
| Protein: 3g |
| Sodium: 236 mg |
| Potassium: 290 mg |
| Phosphorus: 34 mg |

Directions:

- In a small bowl, mix together the dressing ingredients.
- In a separate, large bowl, place shredded green cabbage, shredded purple cabbage and carrots.
- Pour the dressing over the coleslaw and toss to combine.
- Serve immediately or cover and refrigerate for up to 4 hours.

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References

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