

December
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Infectious Disease Associates

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IDA's Advice

Learn more about our providers :

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and the services we provide by
visiting

our website -

www.upstate.edu/id



We proudly announce
the newest addition to our
Infectious Disease Team

Jennifer Schumacher, RPA-C

**Focusing on In Patient and Out Patient care
of our clients requiring
IV Antibiotic Therapy**

National Influenza Vaccination Week December 5 – 11

GET VACCINATED...

**It's National
Influenza
Vaccination
Week**

www.flu.gov



How Flu Spreads

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

(To avoid this, people should wash their hands often with soap and water. If soap and water are not available, they should use an alcohol-based hand rub to clean their hands. Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately.)





Give the Gift of Good Health



Flu IQ

Question 1 of 10:

A flu vaccine can't give you the flu.

Answer: True.

The flu vaccine cannot cause flu illness. The viruses in the vaccine are either killed (flu shot) or weakened (nasal spray vaccine), which means they cannot cause infection.

Question 2 of 10:

The "stomach flu" and influenza are the same thing.

Answer: False.

The flu is a respiratory (lung) disease, not a stomach or intestinal disease. The main symptoms of the flu are fever (usually high), headache, extreme tiredness, dry cough, sore throat and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

Question 3 of 10:

Getting a flu vaccine in December or later is not too late.

Answer: True.

CDC recommends that people get vaccinated as soon as vaccine becomes available and that vaccination continue into December, January and beyond. Influenza activity usually peaks in February most years, but disease can occur as late as May.

Question 4 of 10:

Flu viruses change constantly which requires a new flu vaccine to be produced each year.

Answer: True.

The viruses in the vaccine change each year based on worldwide monitoring of influenza viruses.

Question 5 of 10:

Washing your hands is the best thing you can do to protect against the flu.

Answer: False.

CDC recommends a flu vaccine as the first and most important step in protecting against the flu. However, preventative actions like covering your cough and washing your hands often are important everyday steps that can help stop the spread of germs.

Question 6 of 10:

The flu vaccine protects against three strains of flu.

Answer: True.

While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.



Spread Joy Not the Flu



Question 7 of 10:

The flu is typically spread through coughs and/or sneezes.

Answer: True.

Flu virus is mainly spread through droplets from coughs and sneezes.

Question 8 of 10:

The flu is not a serious illness.

Answer: False.

Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized from flu complications and 36,000 people die from flu.

Question 9 of 10:

The flu vaccine is available as a shot or a nasal spray.

Answer: True.

Flu vaccine is also available as a nasal spray (brand name FluMist®). The nasal spray flu vaccine is an option for healthy people 2-49 years of age who are not pregnant. *"Healthy" indicates persons who do not have an underlying medical condition that predisposes them to influenza complications.*

Question 10 of 10:

You can spread the flu to others before you have symptoms.

Answer: True.

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

More Information:

Visit CDC Home Page at www.cdc.gov

Contact CDC 24 Hours/Every Day by phone at 800-CDC-INFO (800-232-4636) or by email cdcinfo@cdc.gov



