



Mid-Del Health News

October 20, 2014

Mid-Del Schools are Safe, Challenged and Ready!

FACTS ABOUT INFLUENZA

Influenza (flu) is a contagious respiratory illness caused by influenza viruses (<http://www.cdc.gov/flu/about/viruses/index.htm>). The flu can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions (http://www.cdc.gov/flu/about/disease/high_risk.htm), are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

What sort of flu season is expected this year?

Flu seasons are unpredictable in a number of ways; including the timing, severity, and length of the season. These usually vary from one season to another.

Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. For more information about how flu viruses change, visit : How the Flu Virus Can Change (<http://www.cdc.gov/flu/about/viruses/change.htm>).

When will flu activity begin and when will it peak?

The timing of the flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

Is there treatment for the flu?

Yes. If you get sick, there are drugs that can treat flu illness. They are called antiviral drugs and they can make your illness milder and make you feel better faster. For more information about antiviral drugs, visit <http://www.cdc.gov/flu/antivirals/index.htm>.



Prevention

What actions can I take to protect myself and my family against the flu this season?

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. 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. For more information about the vaccine supply this season visit: <http://www.cdc.gov/flu/about/qu/vaxsupply.htm>

In addition, you can take everyday preventative steps such as staying away from sick people and washing your hands to reduce the spread of germs.



If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

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