

Taylor County Wellness Newsletter

SPECIAL FLU SEASON EDITION

Flu Season is Upon Us



School has started back up, the weather is turning to cooler temperatures and that means the flu season has started and will last through the Fall and Winter. This season several types of influenza will be spreading.

If someone in your household has the flu, *it is not necessary* for you to stay away from work unless you are showing flu-like symptoms. If you are sick, you need to stay home until at least 24 hours after you no longer have a fever.

Remember to cough and sneeze into the crook of your elbow, wash your hands frequently with soap and water or an alcohol-based hand sanitizer.

This is a good time to make sure you have plenty of fever-reducing medicines on hand (such as ibuprofen or acetaminophen) and have hand sanitizer available.

It has been recommended to keep about 3 feet of distance from others during conversation and avoid shaking hands. These measures help reduce the risk of the spread of germs.

CDC Recommendations

1. Maintain a healthy lifestyle through rest, proper diet, exercise and relaxation
2. Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing or blowing your nose
1. Avoid touching your nose, mouth and eyes. This spreads germs more easily
2. Cover your coughs and sneezes with a tissue or cough or sneeze into your elbow. Dispose of tissue in a no-touch trash receptacle then wash your hands
5. Keep frequently touched common surfaces clean, such as telephones, computer keyboards, doorknobs, etc
6. Do not use other workers' phones, desks, offices or other office supplies and equipment.
7. **Don't spread the flu! If you are sick with flu-like illness, stay home.** Although this is not an exhaustive list, symptoms can include fever, chills and cough, sore throat, runny nose, body aches, headache, etc.

HELPFUL WEBSITES

texasflu.org ~ Texas Department of State Health Services

cdc.gov ~ Center for Disease Control and Prevention

BE SMART

- **WASH HANDS USING SOAP AND WARM WATER**
- **STAY HEALTHY**
- **PREVENT THE SPREAD OF VIRAL DISEASES**

FACTS FOR SEASONAL & H1N1 FLU

	SEASONAL INFLUENZA (FLU)	H1N1 INFLUENZA (SWINE FLU)
PREVENTION	<p>Key Facts about Seasonal Flu http://www.cdc.gov/flu/protect/preventing.htm</p> <p>Cover Your Cough (BOTH) http://www.cdc.gov/flu/protect/covercough.htm</p> <p>Clean Hands Saves Lives (BOTH) http://www.cdc.gov/cleanhands/ and</p> <p>Put Your Hands Together Video (BOTH) http://www.cdc.gov/CDCTV/handstogether/</p> <p>Workplace and Employee Information (BOTH) http://www.cdc.gov/flu/workplace/</p>	<p>Key Facts about H1N1 (Swine Flu) http://www.cdc.gov/flu/swineflu/key_facts.htm</p> <p>H1N1 Flu (Swine Flu) and You http://www.cdc.gov/h1n1flu/qa.htm</p> <p>What Parents Need to Know http://www.cdc.gov/h1n1flu/parents/</p> <p>Good Health Habits (BOTH) http://www.cdc.gov/flu/protect/stopgerms.htm</p> <p>Preparedness Kit (BOTH) http://emergency.cdc.gov/preparedness/kit/disasters/</p>
TREATMENT	<p>Key Facts for Vaccinations http://www.cdc.gov/flu/protect/keyfacts.htm</p> <p>What Do You Do When You Get Sick (BOTH) http://www.cdc.gov/h1n1flu/sick.htm</p>	<p>Taking Care of Sick Person in Your Home (BOTH) http://www.cdc.gov/h1n1flu/guidance_homecare.htm</p> <p>What Parents Need to Know about Infant Feeding http://www.cdc.gov/h1n1flu/infantfeeding.htm</p> <p>Information on Antiviral Drugs and H1N1 Flu http://www.cdc.gov/h1n1flu/antiviral.htm</p>
HIGH RISK	<p>Asthma Patients http://www.cdc.gov/asthma/flushot.htm</p> <p>HIV/AIDS and the Flu http://www.cdc.gov/flu/protect/hiv-flu.htm</p>	<p>What Pregnant Women Need to Know http://www.cdc.gov/h1n1flu/guidance/pregnant.htm</p> <p>H1N1 Facts for People with Heart Disease, Stroke, or Cardiovascular Disease http://www.cdc.gov/h1n1flu/heart.htm</p>