



The Seasonal Flu and You

Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

This week, the focus is on influenza.

Influenza (hereafter called “flu”) is a contagious respiratory illness caused by viruses that results in mild to severe illness. According to the Centers for Disease Control and Prevention (CDC), each year in the United States,

- 5 to 20% of the population gets the flu
- more than 200,000 people are hospitalized from flu-related complications, and
- about 36,000 people die from flu-related causes.

The Centers for Disease Control and Prevention note that symptoms of the seasonal flu include

- fever (usually high)
- headache extreme
- tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms such as nausea, vomiting, and diarrhea



A doctor will be able to diagnose and then treat accordingly and instruct on further measures to prevent from spreading.

However, the best line of prevention for the seasonal flu can occur through vaccination.

The CDC's Advisory Committee on Immunization Practices encourages the following groups of individuals to get vaccinated each year:

- children aged six months up to their nineteenth birthday
- pregnant women people fifty years of age and older
- people of any age with certain chronic medical conditions
- people who live in nursing homes and other long-term care facilities
- people who live with or care for those at high risk for complications from flu, including health care workers, at home caregivers, and contacts of children less than six months of age

Check with your health care provider for availability of the seasonal flu vaccine.

Everyone is encouraged to follow a common-sense approach to preventing the spread of this and other illnesses.

Cover your nose and mouth with a tissue when coughing or sneezing. Then discard the tissue. Wash your hands often with soap and water or an alcohol-based cleanser. Avoid touching your eyes, nose, or mouth.

Stay home if you get sick to limit the infection of others. More information on this and other health information can be found on www.cdc.gov.

The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.