

# The Epi Link

## Flu Facts

Influenza (flu) is a contagious respiratory illness caused by viruses. Flu causes a variety of symptoms including high fever and body aches, and can even lead to severe complications.

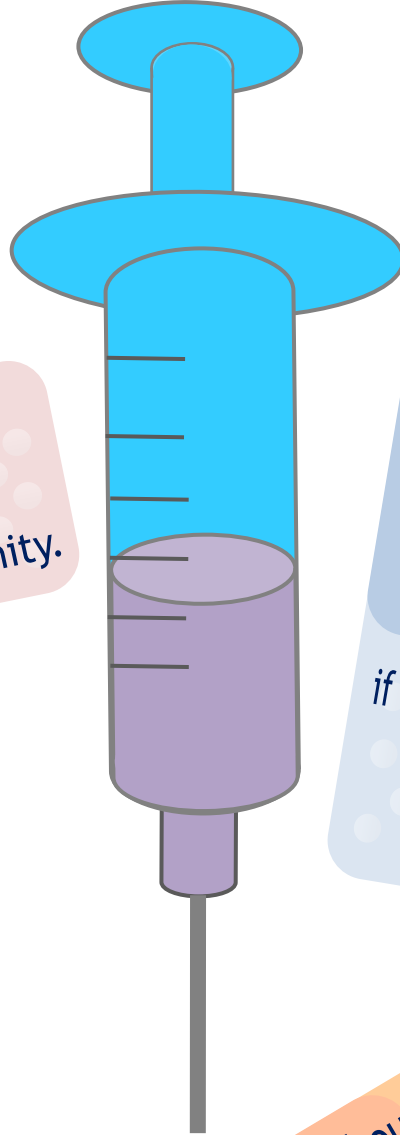
Vaccination is recommended every year!  
The flu shot does not cause illness, but it takes two weeks to develop immunity.

### Stop the Spread of Germs!

- 1) Cover your cough and sneeze with a tissue or the inside of your elbow.
- 2) Wash your hands often with soap and water
- 3) Stay home when sick.

If you are sick: 1) Speak to your doctor.  
2) Stay home for at least 24hrs after your fever is gone.  
3) Take medicine as prescribed by your doctor.

Flu is hard to diagnose without testing!  
Get flu testing done to determine what healthy actions to take.



Antibiotics will not work against flu!

Speak to your doctor about antiviral treatment if you are sick.

Go to [www.cdc.gov/flu](http://www.cdc.gov/flu) for more information!

## Spotlight: 2018-2019 ACIP Recommendations for Flu Vaccination

Annual influenza vaccination recommended for all persons aged ≥6 months that do not have contraindications.

### Offer the flu vaccine by the end of October and offer as long as:

- Influenza viruses are circulating.
- Unexpired vaccine is available.

**Allergies:** A previous severe allergic reaction to influenza vaccine is a contraindication to future receipt of the vaccine.

- Egg allergy: It is generally recommended for the vaccine to be given. For more detail visit [Flu Vaccine and Egg Allergies](#).

### Women who are or might be pregnant:

- **Should** receive influenza vaccine.

### Flu Vaccine Available this Season:

- Trivalent, Quadrivalent, and Quadrivalent LAIV4 [FluMist (Intranasal); For ages 2 through 49 years]

You should **NOT** receive the FluMist if you:

- Are pregnant
- Are immunocompromised due to any cause
- Are in contact with severely immunocompromised person(s)
- Are a child 2 through 4 years who has a diagnosis of asthma or a history of wheezing in the preceding 12 months
- Have received influenza antiviral medication in the past 48 hours
- Are a child or adolescent receiving concomitant aspirin or salicylate-containing therapy
- Are a health care personnel or hospital visitor. If you do receive FluMist avoid contact with severely immunocompromised persons for 7 days after vaccination.

The FluMist may be administered simultaneously with other live vaccines. If not given simultaneously, ≥ 4 weeks should pass between administration of FluMist and another live vaccine.

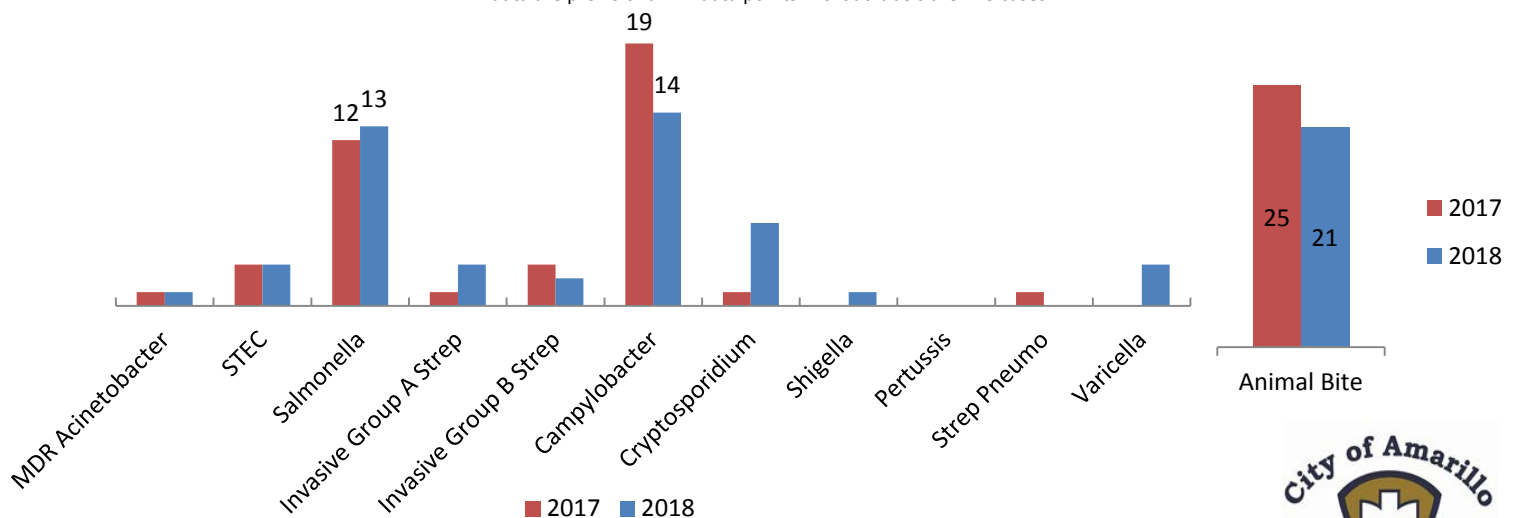
### Quick Tips for Emergency Preparedness

- **Have a plan!** Don't forget to include pets and/or livestock in your plan if you have them!
  - o Go to <https://www.cdc.gov/phpr/prepareyourhealth/PlanAhead.htm> for help getting started.
- **Gather enough supplies (food, water, medical supplies) to last 3 days.** Remember to prepare at least 7 days of prescriptions. Periodically check expiration dates on any stored items.
- **Review your insurance coverage carefully to determine if you are covered.** You can call and ask questions about your policy.
- **Sign up for an alert system.** Multiple options may be available in your area such as *Ping* or *i-Info*.

Go to [www.cdc.gov/disasters](http://www.cdc.gov/disasters) for more information, including specialized information for the elderly, pregnant and others.

## 2017 and 2018 August Case Comparison of Selected Illness\*

\*All data are provisional. All data points without labels are <10 cases.



Communicable Disease Reporting  
For more information call: Laurie Burton – 806-378-6321 or Kirstin Williams – 806-378-6353

