

Prevention of Flu during the Flu Season

An influenza virus has emerged in the past two weeks becoming the predominant virus for the season overall. This virus is not included in the current 2007/8 U.S. vaccine, so even those who have been vaccinated are highly susceptible. According to the Centers for Disease Control (CDC), the proportion of deaths attributed to pneumonia and influenza was above the epidemic threshold for the fifth consecutive week, with forty-four states reporting widespread influenza activity; five states reporting regional influenza activity; and one state and the District of Columbia reporting local influenza activity. (See attached map)

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. People may become infected by touching something with flu viruses on it and then touching their mouth or nose. Healthy adults are 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. As the influenza season is expected to continue through May, below is some information to help you avoid contracting a cold or flu:

Symptoms of 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, also can occur but are more common in children than adults

The Centers for Disease Control (CDC) suggest that you take the following precautions:

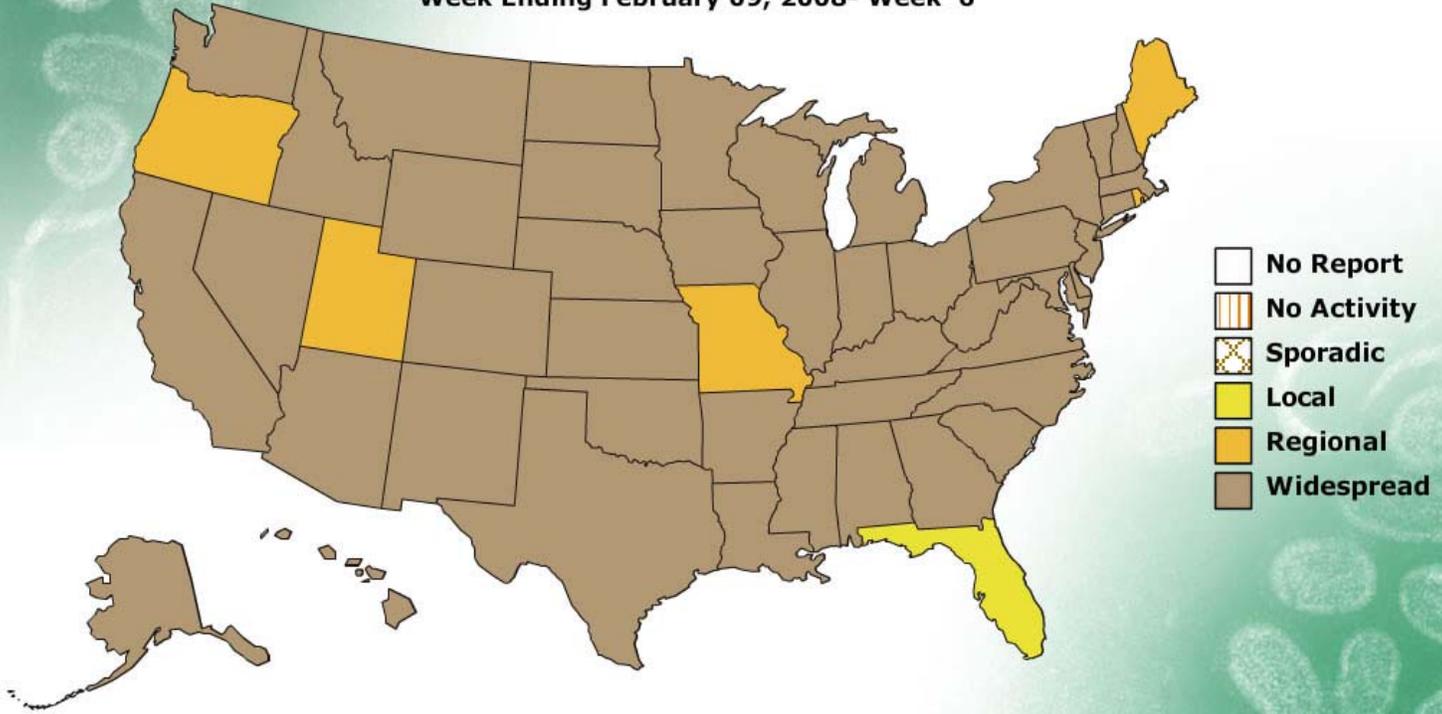
- Frequently washing your hands with soap and water will help protect you from germs.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing. It may prevent those around you from getting sick.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending February 09, 2008- Week 6



* This map indicates geographic spread and does not measure the severity of influenza activity.