

Influenza



Influenza is a virus, and passed person to person. The “flu season” starts in December and usually lasts until spring. Most who get influenza feel sick for a week or two.

Symptoms of Influenza

- Moderate to high fever
- Sore throat.
- Chills.
- Runny nose.
- Dry cough.
- Loss of appetite.
- Muscle aches and Tiredness

Treatment of Influenza

- Rest
- Drink lots of fluids
- Eat a light diet
- Stay at home
- Take Tylenol to reduce fever and relieve muscle aches.
- If you are seriously ill, your doctor might order an antiviral drug for you.

Prevention of Influenza

- You **should** receive the flu vaccine every year in the fall to be protected.
- You **should not** get the flu vaccine if you are allergic to eggs or sick with a fever.

Myths about the Influenza Vaccine

MYTH: Vaccines administered to prevent flu and pneumonia actually causes illness.

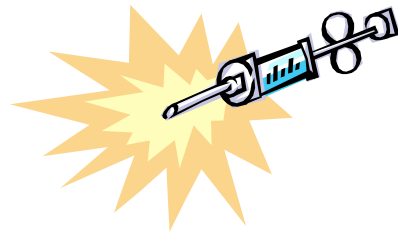
FACT: The influenza and pneumococcal vaccines are made from inactivated viruses and bacteria and **do not typically** cause illness.

MYTH: The flu is not a serious disease, so I don’t need to worry about being vaccinated.

FACT: Influenza is the most frequent cause of death from a vaccine-preventable disease in this county. Each year, an average of 36,000 deaths and 200,000 hospitalizations are attributable to the flu.

MYTH: I should not get the influenza and pneumonia vaccinations at the same time due to the possibility of increased side effects.

FACT: Both vaccines can be given at the same time (but at different sites and with different syringes) without increasing the risk of side effects.



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