

# FLU SEASON

## 2016-17

### What is Influenza?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu [vaccine](#) each year.

### What's new this flu season?

A few things are new this season:

-Only injectable flu shots are recommended for use this season.

-Flu vaccines have been updated to better match circulating viruses.

-There will be some new vaccines on the market this season.

-The recommendations for vaccination of people with egg allergies have changed.



## Flu Season 2016-2017

*Signs, symptoms, and the danger of Influenza-*

According to the CDC, most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

"You may be able to pass on the flu to someone else before you





## Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever\* or feeling feverish/ chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.

know you are sick, as well as while you are sick." said Dr. Gruezke of Rapid Urgent Care. The onset of symptoms is about 1-4 days. "You're actually contagious one day before symptoms and up to 5-7 days thereafter. Children can carry the virus even longer."

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

## *Influenza is dangerous for children*

Influenza ("the flu") is more dangerous than the common cold for children. Each year, many children get sick with seasonal influenza; some of those illnesses result in death.

- Children commonly need medical care because of influenza, especially before they turn 5 years old.
- Severe [influenza complications](#) are most common in children younger than 2 years old.
- Children with chronic health problems like asthma, diabetes and disorders of the brain or nervous system are at especially high risk of developing serious flu complications.
- Each year an average of 20,000 children under the age of 5 are hospitalized because of influenza complications.

Dr. Gruezke reminds us that the most important step in preventing flu is to get a flu vaccination each year. "Also, take preventative actions such as hand washing, disinfecting doorknobs and restrooms, etc." he said. The flu vaccine is now available at Rapid Urgent Care- no appointment necessary.

