



Don't Wait For Flu Vaccine

As the cooler fall temperatures quickly begin to approach, so does the new season of influenza, better known as the flu. Each year approximately 5% to 20% of U.S. residents contract the contagious respiratory infection which can range from a mild case to a severe case that requires hospitalization. The best way to prevent the flu is to get the flu vaccination when it becomes available.



The Centers for Disease Control and Prevention recommend that everyone over the age of 6 months get a flu vaccination each year. It is especially important that individuals who are at a high risk of developing complications related to the flu, or those who work or live with high risk individuals receive a flu vaccination. Those high risk populations include:

- Children younger than 5, and especially younger than 2
- Adults 65 and older

- Pregnant women
- People with chronic conditions such as asthma and heart disease
- Individuals living in a nursing home or long-term care facility
- Health care workers

Just a Cold or is it the Flu?

The common cold and flu are respiratory illnesses that can have similar symptoms leaving it difficult to tell them apart. The flu generally comes on suddenly and can lead to more serious conditions like pneumonia and bronchitis. Individuals with the flu may experience some or all of these symptoms:

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting or diarrhea (more common in children)

Most individuals may be able to pass the flu onto someone before they develop

symptoms and also while symptoms are present. If you do get the flu, symptoms can begin to show within 1-5 days of exposure and can last 2-7 days.

The BEST prevention against the flu is the vaccination, but there are ways to help ward off the illness and to help you fight the flu should you become ill. Important tips to follow are:

- Wash your hands often
- Disinfect surface areas that are touched regularly
- Try to avoid touching your mouth, eyes, and nose with unwashed hands
- Be careful what items you share with others, such as eating utensils and dishes



Eating a balanced diet, drinking plenty of fluids, exercising regularly, and getting plenty of sleep will strengthen your immune system to help fend off the influenza virus, as well as other lingering germs.

Contact your physician today to ask about the flu vaccination and find out if it is right for you!

Remember the 3 C's: Cover your cough, Contain germs, Clean hands

Predicting when flu activity will occur is difficult to do and occurrence varies from season to season. The seasonal flu generally peaks during the months of January or February, but it can begin as early as October and last as late as May. The best method of protecting yourself and others around you from the flu is to get vaccinated; you can also protect yourself and others by remembering to practice the 3 C's: cover, contain, and clean.

Cover your nose and mouth with a tissue, not your hand, when coughing or sneezing.

Contain germs by limiting contact with others, which means staying home from work, school, and social events when ill

Clean your hands with soap and water for at least 20 seconds, which is equal to singing the "Happy Birthday" song two times through. Soap and water is the most effective method for removing germs, but if not available, using an alcohol-based hand sanitizer will help eliminate germs.





MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00PM Thursday, October 17, 2013.*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

SCOTT COUNTY HEALTH DEPARTMENT

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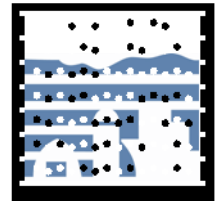
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