



Fight the Flu, Get the Flu Shot!

What is Influenza (also known as the flu)?

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 vaccination each year.

Signs & 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 may have vomiting and diarrhea, though this is more common in children than adults

<http://www.cdc.gov/flu/keyfacts.htm>

How Flu Spreads

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. Less often, 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 know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time. Flu is unpredictable and how severe it is can vary widely from one season to the next.

Fight the flu. Get the flu shot.

Ask your doctor about scheduling an appointment for a flu shot.



Get Vaccinated

Everyone 6 months of age and older should get flu vaccine every season. Yearly vaccination should begin soon after vaccine is available, and ideally by October. It takes about 2 weeks after vaccination for antibodies to develop in the body that protect against influenza. It is best to get protected before influenza begins spreading in your community.



Halloween Health & Safety Tips

Follow these tips for a fun and safe Halloween!

1) Examine all treats for choking hazards and tampering before eating them. Look for an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.



2) Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

3) Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

4) Enter homes only if with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

5) Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.



6) Fasten reflective tape to costumes & bags to help drivers see you.

7) Walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.



<http://www.cdc.gov/family/halloween/>

Clean Hands Save Lives

How should you wash your hands?

- 1) Wet hands with clean, running water, turn off the tap & apply soap.
- 2) Lather hands by rubbing them together with soap. Be sure to lather backs of hands, between fingers & under nails.
- 3) Scrub hands for at least 20 seconds.
- 4) Rinse hands well under clean, running water.
- 5) Dry hands using a clean towel or air dry.



<http://www.cdc.gov/handwashing>

When should you wash your hands?

- 1) Before, during & after preparing food
- 2) Before eating food
- 3) Before & after caring for an ill person
- 4) Before & after treating a cut or wound
- 5) After using the toilet, changing a diaper or assisting a child with using the toilet
- 6) After blowing your nose, coughing or sneezing
- 7) After touching an animal or pet food
- 8) After touching garbage

MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting,
Scott County Administrative Center,
1st Floor Boardroom, 12:00 PM
Thursday, October 16, 2014*

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

Scott County Administrative Center, 4th Floor

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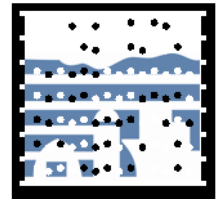
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