

Health Information

Seasonal flu—a respiratory illness that occurs each year and is passed easily from person to person. Most people have some immunity and a vaccine is available.

Avian flu—caused by influenza viruses that occur naturally among wild birds. The H5N1 strain has proven deadly to domestic fowl. It has infected some humans, most of whom had direct close contact with infected birds. The H5N1 virus has also infected pigs, cats, tigers, a leopard, ferrets, and stone martens. There have been very few cases of the illness passing from person to person. No vaccine is available.

Pandemic flu—a new strain of flu that spreads easily from person to person and causes widespread illness and death. In history there have been three pandemics (1918 Spanish Flu, 1957 Asian Flu, 1968 Hong Kong Flu), and experts believe another pandemic is imminent. If a pandemic occurred, it would take approximately 6 months to develop a vaccine effective against the new strain of virus.

1 Cover your cough.

2 Wash your hands.

3 Stay home if sick.

	COLD	INFLUENZA
Fever	Rare	Usually present
Body Aches	Slight	Usually present, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Coughing	Hacking, productive	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common
Appetite	Normal	Decreased
Symptoms	Develop gradually	Can appear within 3-6 hours

Protect yourself from all types of flu.

- √ Get an annual flu vaccination.
- √ Wash your hands frequently with soap and water. Use an antibacterial hand sanitizer if soap and water are not available.
- √ Avoid touching your eyes, nose and mouth.
- √ Sanitize common surfaces such as doorknobs, faucets and telephones.
- √ Do not share personal items with anyone, not even family members.
- √ Avoid close contact with people who are ill.
- √ Keep your immune system strong with regular exercise, plenty of rest and healthy food choices.
- √ Decrease your stress level.
- √ Drink plenty of water.
- √ Stop smoking.