



Influenza 101

"The Flu"

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as the elderly, young children and people with certain health conditions, are at high risk of serious flu complications.

Influenza is already circulating!

Normally "flu season" is thought to be from October through April. In the United States, there has already been influenza detected which serves as a reminder that "the flu" can happen any time of year!

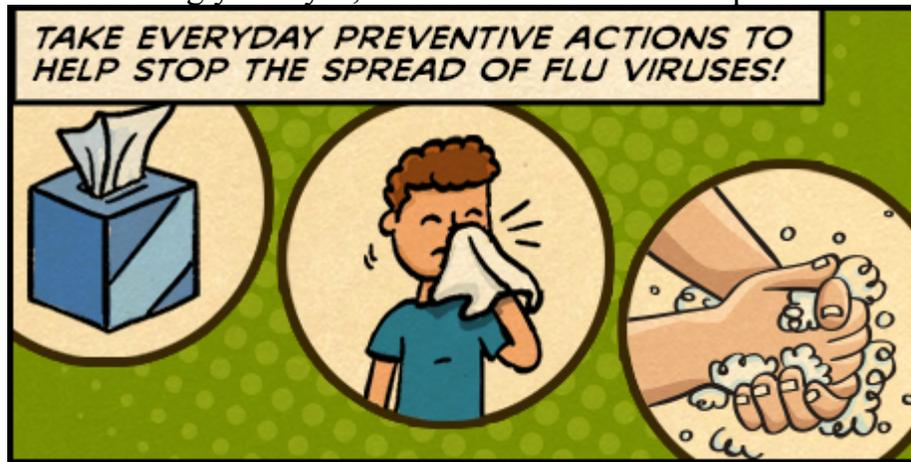
CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Everyone 6 months of age and older should get a flu vaccination every year before flu activity begins in their community. It takes two weeks to gain immunity from the vaccine. [Click here](#) to be taken to a calendar of Loup Basin Public Health Department's public influenza immunization clinics.



Everyone should also take everyday preventive actions to stop the spread of germs.

- Avoid contact with sick people.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone (without the use of fever-reducing medicine) except to go get medical care or for other necessities.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after using it!
- Wash your hands often with soap and water. If not available, use alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way!



Misconceptions about Flu Vaccines

Can a flu shot give you the flu?

No, a flu shot cannot cause flu illness. Flu vaccine given with a needle are currently made in two ways - with viruses that have been 'inactivated' and therefore not infectious or with no flu virus at all!

Do I really need a flu shot every year?

Yes. CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season.

Why do some people not feel well after getting the seasonal flu vaccine?

Some people report having mild reactions to the flu vaccination. The most common reactions in adults are soreness, redness or swelling at the spot the shot was given. Other reactions following the flu shot are usually mild and can include a low grade fever and aches.

The flu vaccination protects against influenza which is a respiratory illness. There is not a shot that protects you against the "stomach bug/flu."

STOMACH FLU VS. "THE FLU"

what's the difference?

LOW-GRADE FEVER*
HEADACHES
DIARRHEA
NAUSEA AND VOMITING
STOMACHACHE AND CRAMPS
MUSCLE ACHES*
ZZTIRED OR CRANKY*

*not everyone with stomach flu will have all of these symptoms.



Norovirus
(stomach flu)

VS.



Influenza
(respiratory flu)

FEVER* AND CHILLS
*HEADACHES
COUGH
SORE THROAT
RUNNY/STUFFY NOSE
MUSCLE ACHES
FATIGUE

*not everyone with flu will have a fever.

PUBLIC CLINICS

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Questions about the flu vaccine!

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