

INFLUENZA

Influenza, or the "flu," is an illness of the breathing system (known as respiratory system) and muscles caused by a virus. The flu attacks the lungs. Problems from the flu can be deadly. Young children, people age 50 or older, and people with health problems are most likely to have the worst flu effects.

There are several types of flu virus. They can change from year to year. Your body's immune system may not be prepared for those changes, that's why you need a flu shot each year.

Each year scientist makes a flu vaccine to fight the viruses that are more likely to infect people that year. A flu shot may help protect the people near you, or reduce the chances of spreading flu to others. The flu season is likely to attack more in October, lasting as late as May. The best time to get your shot is October through November. If you get the flu shot later it may still help to protect you.

HOW YOU CAN CATCH THE FLU:

The flu spreads in tiny fluid drops. Typically, influenza is transmitted through the air by coughs or sneezes, It can also be transmitted by direct contact from contaminated surfaces through hand-to-eye, hand-to-nose, or hand-to-mouth transmission. Once you have the virus, you can spread it for about a week. The best way to prevent the flu is to get a flu shot each year.

SYMPTOMS OF FLU:

Usually the first symptoms are chills or a chilly sensation, but fever is also common early in

the infection, with body temperatures (100 to 102 degrees Fahrenheit lasting 3-4 days).

- Body aches and pains.
- Feeling tired and weak.
- Chest discomfort and cough.
- No appetite.

TIPS TO PROTECT YOURSELF AND OTHERS:

- Get a flu shot.
- Stay home when you're sick.
- Keep your hands clean; wash often with soap and water, use hand wipes or hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.

TREATMENT OF THE FLU:

- There are some drugs called "antiviral" that may help you to have a shorter, milder case of the flu, but they don't replace the flu shot.
- See your doctor within two days of having flu symptoms. Treatment can help you to feel better sooner or reduce the duration of the illness.
- Remember to rest and drink lots of fluids.

You don't get the flu from a flu shot!

HAVE YOU HAD YOUR FLU SHOT?

I beseech you therefore brethren, by the mercies of God that ye present your bodies a living sacrifices, holy, acceptable unto God, which is your reasonable service. Romans 12:1