

It's Flu Season

Influenza (flu) is a contagious respiratory illness caused by viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. The best way to prevent the flu is by getting vaccinated each year. 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 people may have vomiting and diarrhea, though this is more common in children than adults.



Staff members and children should be taught to cover their mouths and noses with a tissue when they cough or sneeze OR cough into their elbow or shoulder. After coughing/sneezing, everyone should be encouraged to wash hands with soap and water.

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 the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their 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 one day before symptoms develop and up to five to seven 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.

Licensing requires, as of September 1, 2016, all employees and volunteers to show proof of immunity to Pertussis, Measles, and Influenza. If an individual chooses to decline the influenza vaccine (the only immunization that can be declined), then that person can write a signed statement declining the flu vaccine and the statement becomes a part of the personnel file.



Source: www.cdss.ca.gov