

## Flu Season is Back to School

Influenza or “the flu” is a highly contagious viral infection of the respiratory tract (nose, throat, and lungs). Sometimes the flu is confused with the common cold, but symptoms of the flu develop fast, usually 1-4 days after exposure. Flu symptoms are also usually more severe than a cold. The flu is often more than a cold which is usually sneezing and congestion but also includes fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting, and diarrhea.

The flu may last 7-10 days, with 5-6 days of limited activity and 3 days of bed rest. The flu and its complications lead to more than 200,000 hospital stays per year and thousands of deaths. **GET VACCINATED** and get your kids vaccinated! Vaccination is best protection from contracting the flu. Everyone 6 months and older should be vaccinated and can be vaccinated for free or at little cost. For more detailed information please visit the websites below.

<http://www.cdc.gov/flu/protect/vaccine/>

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

<http://www.flufacts.com/know/symptoms.jsp>

<http://www.flu.gov/individualfamily/about/symptoms/index.html>



In good health, Jolene Duffey R.N., B.S.N

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”