

# South Central's Health on Blast

## *Flu Season*

- A virus infection of the nose, throat and lungs.
- The flu can mimic the cold but is more severe and can lead to pneumonia.
- It is transmitted through the air through coughs and sneezes.
- Medications are effective if given in the 1<sup>st</sup> 24hrs
- Children and Teenagers should NOT use Aspirin due to the risk of Reye's Syndrome
- The Flu Season can begin as early as October and end as late as May.
- Everyone, 6 months and older should consult their health professional to see if the flu vaccination is right for you.

## Symptoms

|   |                 |                     |
|---|-----------------|---------------------|
|  <b>Fever</b> | <b>Chills</b>   | <b>Flushed Skin</b> |
| <b>Body Aches &amp; pains</b>   |                 | <b>Weakness</b>     |
| <b>Runny or Stuffy nose</b>   |                 | <b>Sore Throat</b>  |
| <b>Dizziness</b>  | <b>Vomiting</b> | <b>Diarrhea</b>     |

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## When to Seek Medical Attention

- Fever over 100
- Difficulty Breathing
- Discoloration of lips
- Pain or Pressure in chest
- Persistent Vomiting

## How to Prevent Spreading

- Vaccination-flu shots, nasal spray
- Use Hand Sanitizer and wash hands often
  - Sanitize Surfaces
  - Cover coughs and sneezes
- STAY HOME and wear masks if Sick