

Influenza Information

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Preventive Medicine
Reynolds Army Community Hospital
Fort Sill



Influenza Update

- Nationwide we are experiencing a moderately severe influenza season, a little bit earlier than previous years.
- Oklahoma is experiencing Influenza Like Illness (ILI) at lower rates than the most affected regions of the country and our illness rates decreased for the week ending 5 January. The majority of the influenza like illness we are seeing in Oklahoma is not influenza.
- The absolute best prevention to influenza is to get the flu vaccine each year. Vaccination is strongly recommended and still available through RACH Primary Care Managers or the RACH Immunization clinic during the following hours:
 - Mon: 0730-1200
 - Tue: 0730-1600
 - Wed: 1300-1600
 - Thur: 0730-1600
 - Fri: 0730-1600
- Most people who get influenza will have mild illness, will not need medical care or antiviral drugs, and will recover on their own. People with certain chronic medical conditions (such as asthma, diabetes, or heart disease), children under the age of 5, adults over age 65, pregnant women, or American Indians are most at risk to develop influenza complications and should visit with their doctor if they have an influenza like illness.

Good Habits to Help Stop the Spread of Germs:

- Clean Your Hands
 - Hand washing is one of the most single most effective ways to prevent the spread of germs. Wash them for at least 15 seconds under warm soapy water. An alcohol based hand sanitizer may be used if soap and water is not available.
- Stay Home When You Feel Sick
 - In order to keep others from catching your illness, stay home from school and/or work and avoid running errands when possible.
- Cover Your Mouth and Nose
 - Cough and sneeze in the sleeve of your elbow or a tissue.
- Avoid Close Contact
 - Keep your distance from others when you are sick and avoid close contact with people who are sick. In work spaces, disinfect shared and commonly used items such as keyboards and phones before and after use. ***Remember you can spread germs before symptoms appear.***
- Avoid Touching Your Eyes, Nose or Mouth
 - Touching and/or rubbing these areas is one of the most common ways germs are spread.
- Practice Good and Health Habits
 - Eat healthy nutritious foods, get plenty of sleep, manage stress, stay hydrated, stop smoking, if you don't smoke don't start, and stay as physically active as you are medically able to.

Good Things to Know Every Flu Season

Cold and Flu Symptoms:

Please keep in mind that many illnesses have similar symptoms such as the common cold.

*Fever (typically high if present) *Headache *Tiredness *Cough *Sore Throat *Runny and/or Stuffy Nose *Body Aches *Diarrhea and Vomiting (this is more common in children)

Emergency Warning Signs/ When to Seek Immediate Medical Care:

Adults	Children
<ul style="list-style-type: none">*Confusion*Sudden Dizziness*Severe or Persistent Vomiting*Pain or Pressure in Chest or Stomach*Difficulty Breathing/ Shortness of Breath*Flu-Like Symptoms that improve but then return with fever or worse cough	<ul style="list-style-type: none">*Fast or Trouble Breathing*Bluish Skin Color*Uncontrollable Irritability*Not Waking Up or Not interacting*Fever with a Rash*Flu-like Symptoms that improve but then return with fever or worse cough

Information derived from :

www.cdc.gov/flu

For more information concerning the Seasonal Flu, Please visit the site above.