



## *Tis the Season*

Flu season is upon us again. The flu happens every year and is more common in the fall and winter in the United States. People of all ages can get the flu and many of the people who get very sick are older than 65 years or have a medical condition such as: diabetes, heart disease, asthma, or kidney disease, or are pregnant. Children younger than five years of age are also at greater risk.

### **The flu is spread by:**

- Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.
- People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's hand.
- Most people may be able to spread the flu from one day before showing symptoms five to seven days after symptoms begin. Severely ill persons or young children may be able to spread the flu for longer periods of time.

### **Signs of the flu can include:**

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Feeling weak or more tired than usual
- Headache
- Chills
- Body aches
- Vomiting (less common)
- Diarrhea (less common)





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### **What can I do to protect myself from getting sick?**

- Get vaccinated!
- Stay away from people who are sick.
- Wash your hands often with soap and warm water.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Use medication the way your doctor recommends it.
- Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.
- Do not touch your eyes, nose or mouth because germs spread this way.
- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.\*  
*Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don't spread the virus.*

### **What kills flu viruses?**

- Flu viruses are killed by heat above 167° F (75° C). Common household cleaning products can also kill the flu virus, including products containing: chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), alcohols.
- The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of flu.

### **Washing your hands will help protect you from germs. When you wash your hands:**

- Use soap and warm water.
- Wash for 15 to 20 seconds.
- When soap and water are not available, use an alcohol-based hand rub. If using a hand rub, rub your hands with the sanitizer until they are dry.

For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).

[missouribaptistsullivan.org](http://missouribaptistsullivan.org)

***Partnering for Better Health***

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