

2010 October

Influenza

Don't forget to get your flu shot every year.



Fall leaves, Knights Landing, Courtesy Rita Cital.

Flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and can lead to death, particularly among the very young, the elderly, and persons with chronic medical conditions. Circulating strains of flu virus change every flu season. Each year, the flu vaccine is tailored to keep up with these changes. With few exceptions, the best way to prevent the flu is by getting a flu vaccination each year.

Another important reason to get vaccinated is that by protecting yourself from the flu you also reduce the ability of the flu to circulate in our community—an especially important consideration given that more than 200,000 Americans are hospitalized and 36,000 die from flu complications and flu-related pneumonia each year.¹⁵

Yolo County residents experience a significantly higher age-adjusted death rate due to pneumonia/influenza (36 deaths per 100,000) when compared to California (21 deaths per 100,000).³⁶ Only 29% of Yolo County seniors—a group at particular risk for flu complications, such as pneumonia and death—get a flu shot every year.⁴⁰

What else can you do to prevent the spread of flu?

- Stay home from work or school if you get sick.
- Cover your nose and mouth when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.

Breast Cancer Awareness Month • Children's Health Month • Domestic Violence Awareness Month • Down Syndrome Awareness Month • SIDS Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15	16
17 Lead Poisoning Prevention Week	18	19	20	21	22	23
24 31 Halloween	25	26	27	28	29	30

Who Should Get Seasonal Flu Vaccine Every Year

While seasonal flu vaccine is recommended for everyone, people in the groups listed below are most vulnerable to complications from flu (or are around people who are) and, should be vaccinated against flu annually:

1. Children age 6 months up to their 19th birthday
2. Pregnant women
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu, including:
 - a. Health care workers
 - b. Household contacts of persons at high risk for complications from the flu
 - c. Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated.)



Pandemic Influenza⁶⁷

The Emergency Preparedness Division of the Yolo County Health Department collaborates with healthcare partners, law enforcement, community-based organizations, businesses, and schools to prepare for public health emergencies, like pandemics. As our experience with H1N1 (swine) flu has shown, flu pandemics can result in significant and widespread illness, death, and disruption of services.

Preparing for an emergency of any kind starts at home. Reinforcing good hygiene (e.g., handwashing) and stocking supplies for an extended stay at home remain core principles in any public health emergency. Refer to pandemicflu.gov/individualfamily/checklist.html.

- Find a Flu Clinic Near You
- Learn about Flu, Flu Vaccines and Pandemic Flu
- Pandemic Planning for Individuals and Families
- Continuity of Operations Planning for Businesses

www.flucliniclocator.org
www.flu.gov
www.pandemicflu.gov/individualfamily
www.flu.gov/professional/business/index.html