

# JANUARY 2015 NEWSLETTER

Jasper School District

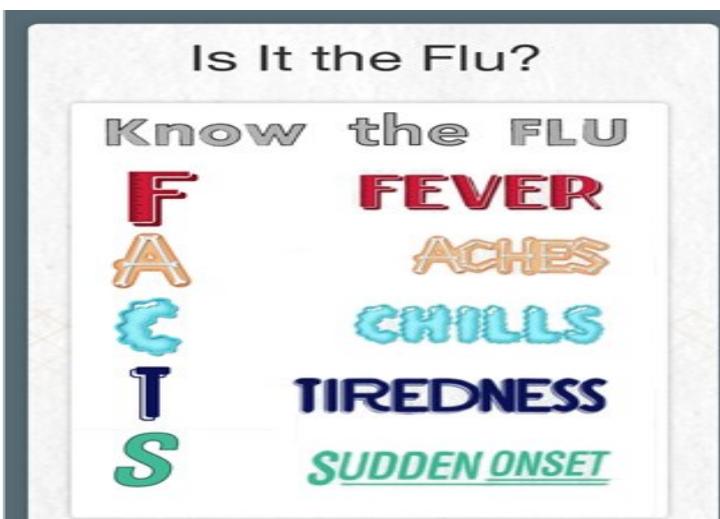
## What is the Flu?

Influenza is a highly contagious respiratory infection caused by influenza viruses. There are many different strains.

## How can I prevent the Flu?

WASH YOUR HANDS!!! You can get the flu from other peoples sneezes or coughs, You can also get it from touching contaminated surfaces, and they are everywhere, like door knobs, desks, and phones. It is said that the average person touches their own face hundreds of times a day. You don't wash your hands that often do you ? So wash and wash often. Disinfect surfaces that you or anybody may come in contact with or that may have been contaminated Try to remember not to touch your face especially your eyes , nose and

mouth. If you want to stay healthy this flu season getting a flu shot can help, however it does not cover all strains, it does help with many. If you do get the flu, don't go out in public but do go see your doctor. He can help you with an antiviral medication prescription such as Tamiflu or Symmetrel The key is medicating early!! Starting the medicine at your first sign of sickness is when it is most effective against the flu. Tylenol or Ibuprofen can help with those horrible aches. Fever can be very dehydrating so drink plenty of clear liquids. Remember not to cover yourself too heavy when you have a fever. I know it feels better but it really can be harmful especially in smaller children. Their temps can spike really fast. So resist the urge to pile on the covers, just enough to keep from hard chilling. People with lung or other underlying health problems, the elderly, and the very young are at major risk for severe or even fatal cases of the flu. So if you or someone you know and love fits any of the above categories be extra careful. This years' flu is no picnic for anybody but has proven itself more deadly this year than most. Be diligent to disinfect and did I remember to say WASH YOUR HANDS!!!



## Is It a Cold or the Flu?

Below are **cold symptoms** and **flu symptoms**. See the differences and similarities between a cold and the flu.



Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (100-102°F); lasts three to four days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to two to three weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, <b>pneumonia</b> ; can be life-threatening
Prevention	None	Annual vaccination; <del>Symmetrel, Flumadine,</del> or Tamiflu (antiviral <b>drugs</b> )
Treatment	Only temporary relief of symptoms after onset of symptoms	<del>Symmetrel, Flumadine,</del> Relenza, or Tamiflu within 24-48 hours

