## Seasonal Fluvs. Pandemic Flu: What's the difference?

Seasonal Flu	Pandemic Flu
Seasonal flu is caused by influenza viruses that are similar to those already affecting people. Flu shots are available to protect against seasonal flu.	Pandemic flu is caused by a new influenza virus that people have not been exposed to before. Flu shots might not be available during the beginning of the pandemic because large amounts of vaccine cannot be made until experts know what the new virus looks like.
Symptoms include fever, cough, sore throat, headache and muscle pain.	Symptoms will be similar to the regular flu, but may be more severe and complications could be more serious.
Healthy adults are usually not at risk for serious complications. The very young, the elderly and people with serious health conditions are at increased risk for serious complications, such as pneumonia or even death.	Healthy adults may face a higher risk for serious complications.
The more common flu that spreads each winter generally causes a modest impact on society, for example, some schools are closed and sick people are encouraged to stay home.	A severe pandemic could change daily life for some time. People may choose to stay home or be forced to stay home if they are sick or need to care for others. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.
The average number of deaths from seasonal flu in the U.S. is approximately 36,000 per year.	In a pandemic, the number of deaths could be much higher. During the 1918 pandemic, deaths in the U.S. totaled 675,000.



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## STAY-HEALTHY: Wash Cur Hands

Keeping hands
clean is one of the
most important
steps we can take
to avoid getting sick
and spreading
germs to others.

Here's how:

apply soap.

No soap and water?



Use an alcohol-based gel to clean hands!

Wet hands with warm water and Always

Rub hands together to make a lather and scrub all surfaces.

Rub hands for 20 seconds.

Rinse hands well under running water.

Dry hands using a paper towel or air dryer. If possible, use paper towel to turn off the faucet.

## Always wash your hands:

Before preparing or eating food

After going to the bathroom

After changing diapers or cleaning up a child who has gone to the bathroom

Before and after tending to someone who is sick

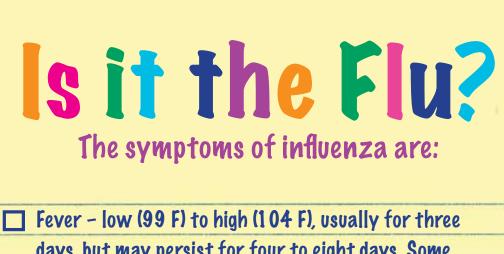
After blowing your nose, coughing, or sneezing

After handling an animal or animal waste

After handling garbage

Before and after treating a cut or wound





Fever - low (99 F) to high (104 F), usually for three
days, but may persist for four to eight days. Some
times fever will go away and return a day later.
Aching muscles
Cough
Headache
Joint aches
Eye pain
Feeling very cold or having shaking chills
Feeling very tired
Sore throat
Runny or stuffy nose

## IF YOU DEVELOP THESE SYMPTOMS...

- Stay home!
- Rest and drink plenty of fluids.
- Take fever reducers (acetaminophen or ibuprofen). Po not use aspirin in children or teenagers as it can cause Reye's syndrome, a life-threatening illness.
- Contact your healthcare provider for further advice.

For more information, visit www.kalcounty.com



