

Seasonal Flu vs. Pandemic Flu: What's the difference?

Seasonal Flu	Pandemic Flu
<p>Seasonal flu is caused by influenza viruses that are similar to those already affecting people. Flu shots are available to protect against seasonal flu.</p>	<p>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.</p>
<p>Symptoms include fever, cough, sore throat, headache and muscle pain.</p>	<p>Symptoms will be similar to the regular flu, but may be more severe and complications could be more serious.</p>
<p>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.</p>	<p>Healthy adults may face a higher risk for serious complications.</p>
<p>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.</p>	<p>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.</p>
<p>The average number of deaths from seasonal flu in the U.S. is approximately 36,000 per year.</p>	<p>In a pandemic, the number of deaths could be much higher. During the 1918 pandemic, deaths in the U.S. totaled 675,000.</p>



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STAY HEALTHY: Wash Your 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:



No soap and water?



Use an alcohol-based gel to clean hands!

Wet hands with warm water and apply soap.

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



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Is it the Flu?

The symptoms of influenza are:

- 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). Do 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

COVER YOUR COUGH

Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the waste basket.



If you can't use tissue, cough or sneeze into your upper sleeve, not your hands.



Wash hands with soap and warm water for 20 seconds

-or-

clean with alcohol-based hand cleaner.

