



Practice Healthy Habits



Influenza

Influenza, known as flu, is a very contagious disease of the respiratory (breathing) system. The flu is caused by a virus that is easily passed from one person to another by coughing and sneezing. For most people, the flu makes them feel very sick, but they generally get better in about a week. However, young children, people older than 65 years of age, pregnant women and people with chronic medical conditions can have serious complications from the flu. These complications can include pneumonia and worsening of medical conditions like heart disease, diabetes, or asthma.

Seasonal Flu

Seasonal flu is caused by influenza viruses that infect humans every year. Seasonal flu causes respiratory disease (fever and cough). It can lead to more severe disease, and even death in infants and people who are very old or have chronic health problems. In New England, flu season usually begins in December and can last into March or April.

During Flu Season:

- ✚ Eat, drink, sleep and exercise, appropriately.
- ✚ Avoid caffeine, alcohol and other drugs.
- ✚ Avoid crowds. Stay 3 feet away from people.
- ✚ Don't kiss, shake hands or share food.
- ✚ Avoid drinking fountains, salad bars and other open cold food sources
- ✚ Regularly sanitize door knobs, sink handles, telephones, etc.
- ✚ Practice proper cough etiquette - into an elbow or new tissue/
- ✚ Practice proper hand washing procedures often or use a hand sanitizer.
- ✚ Don't touch your face, nose, or eyes
- ✚ Wear a properly sized N95 NIOSH approved mask, goggles, and disposable gloves when in close proximity to those who may be ill. Facial hair interferes with proper fit.
- ✚ Change clothes and thoroughly wash hands before coming home.
- ✚ Consider distancing yourself from stay-at-home family members.
- ✚ STAY home when you are sick. Keep sick children home
- ✚ Get an annual flu shot. Get a pneumonia vaccination.