

YOUR HEALTH AND WELLNESS NEWSLETTER

JANUARY 2020 VOLUME 2 ISSUE 10

Exploring Facts About Influenza

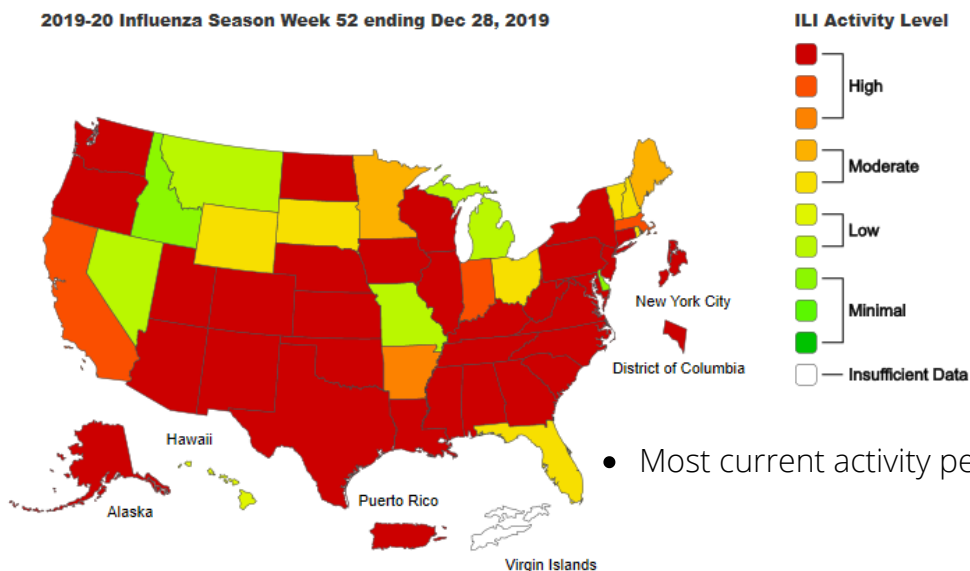
What do we know so far?

We know that it is highly contagious. Influenza is spread by air droplets and by contact. Influenza gets into the air by coughing, sneezing, or talking. You can spread the flu without even knowing it. You can be exposed to the virus and pass it to others before you experience symptoms. Children are not the only ones at risk for getting the flu. The flu circulates in common places where lots of people go, grocery stores, restaurants, libraries, school, work places, etc. Essentially, if you come in contact with other people and go to public places, you are at risk.

We know that there are deadly complications. Influenza is a scary thing. People do die from it, even the healthy ones. There are endless complications including pneumonia, sepsis, encephalitis, myocarditis, multi-organ failure.

We know that the flu can be unpredictable. This year we are seeing Influenza B activity prior to Influenza A, which is atypical for a flu season. It is difficult to know how someone will respond to the flu virus, once contracted, let alone respond to treatment.

2019-20 Influenza Season Week 52 ending Dec 28, 2019



- Most current activity per CDC

COMMUNITY EVENTS NEAR ROCKFORD

**Wheeling Warriors
Meetup LBBRG**
1/15/20 12:00-1:00 PM

**Caregiver's Table
LBBRG**
1/22/20 4:00-5:00 PM

**Kentwood Parks & Rec
Leisure Club**
*Contact Katelyn
bushk@kentwood.us to
obtain schedule details
and other winter events*

**Caregiver's Series
March 2020, more
information to follow**

Happy New Year!
*Wishing you good
health, positive energy,
and strength through
power of mindfulness.
Make 2020 count!*

Exploring Facts (continued)

We know that the vaccine can be helpful in prevention. It is possible to get the flu even if you get the vaccine, however the symptoms may be less severe and could save you from complications that result in death or lifelong consequences. Other things to consider during flu season: keep your hands washed and away from your face, keep your coughs and sneezes covered, and do not go to school/work if you are sick.

We know that the vaccine is not perfect. It can take up to two weeks following the administration of the vaccine for it to be effective. This is why vaccinations are available in October. Experts do their best to predict the next season's flu strains, but it is not always exact. Predictions are made from the Southern Hemisphere such as Australia, as their flu season occurs before ours. However, the virus can be slightly different when it arrives, as it mutates.

There are many misperceptions of the flu vaccine. The biggest misperception is that many believe you can get the flu from the vaccine. This is not accurate. It does take about two weeks for your body to build up immunity so if you do come in contact with the flu following administration, you can have symptoms of the flu. It is possible to experience other viral symptoms from cold viruses. There are mild, localized side effects of the vaccine reported that generally resolve within a few days of administration. Side effects include redness, swelling, pain at

the injection site, as well as a low-grade fever.

Another big misperception is that the flu vaccine covers the stomach flu. The "stomach flu" is not considered influenza or the actual flu. Technically, is a gastrointestinal virus that is not related to influenza, and generally lasts 24-48 hours. When we talk about flu or influenza, we are referring to respiratory symptoms, body aches, chills, etc. that last over a period of days up to 2 weeks. You can have some gastrointestinal symptoms with the flu, but generally affects kids more than adults and typically is not the primary symptom.

It is also thought that you must have a fever when experiencing influenza. According to CDC, you can experience other symptoms of influenza without a fever.

There are few situations that warrant caution and a conversation with your doctor first before considering a flu vaccination. Those that have experienced Guillain-Barre Syndrome and those that have experienced an allergic reaction to eggs or other ingredients in vaccinations should discuss with their doctor before considering, as *it may not be recommended*. Flu vaccination *is not recommended* in children less than 6 months of age. It is also recommended that if you are ill, that you wait until symptoms have resolved prior to vaccination. **In general, it is best practice, to keep an open dialogue with your provider regarding health care choices and recommendations.**

COMMUNITY EVENTS FOR TC

PWR! Class LBBRG
Weekly Thursdays
4:00-5:00 PM

**Wellness Exercise
Class LBBRG**
Weekly Tuesdays
2:00-3:00 PM

**Caregiver's Table
LBBRG**
1/21/20 4:00-5:00 PM

Fun and Games LBBRG
1/21/20 4:00-5:00 PM

PNN Support Group
1/7/20 6:00 PM Foster
Family Community
Health Center
1/23/20 10:00 AM Senior
Center

TBI Support Group
1/14/20 5:00 PM Foster
Family Community
Health Center

Susan Mast ALS
Bethlehem Lutheran
Church
1/8/20 2-3:30 PM

GT Stroke Club
Presbyterian Church
1/8/20 2:30-4:30 PM

**Amputee Support
Group** Disability
Network of Northern MI
1/8/20 5:45-7:00 pm