

Influenza



WHAT IS IT?

Influenza is caused by two main types of viruses – Influenza A and B, which change over time to evade defenses. Infection results primarily in respiratory symptoms, that can progress more seriously in immunocompromised or the elderly and cause death. Flu outbreaks are seasonal with more cases occurring in colder weather months. Illness spreads via respiratory droplets. Hard surfaces contaminated with droplets can pose risks, though this is not the main way flu spreads.

WHY SHOULD I CARE?

- **3-5 billion** cases estimated to occur globally each year; up to **500,000** die
- **45 million** cases estimated to occur in the US each year; up to **61,000** die
- **50%**: the percent of people vaccinated against influenza in a typical year
- **6 feet**: the distance the flu can be spread through sneezing, coughing, talking

Additionally:

- People can be infectious, **transmit illness** about a day before showing symptoms.

SIGNS & SYMPTOMS



FEVER/CHILLS



HEADACHE



BODY ACHES



FATIGUE



STUFFY/RUNNY
NOSE



SORE THROAT



COUGH

WHAT DO I DO ABOUT IT?

1. Avoid contact with others who are ill.
2. Cover coughs and sneezes.
3. Wash hands thoroughly for 20 seconds with soap and water and use hand sanitizer if soap and water are not readily available.
4. Clean and disinfect hard surfaces that may be contaminated with flu virus, following labeled instructions for proper concentration and dwell time.
5. Anyone ill with flu-like symptoms should isolate from others, as they are most infectious in the first 3-4 days of illness.
6. Antiviral drugs and supportive care can be given to those who have more intense symptoms.
7. Everyone over 6 months of age should be vaccinated annually. Flu vaccines with varying efficacies are available each year tailored to include what public health experts believe will be the predominantly circulating strains.

TAG Public Health Experts have the experience and expertise to help companies and institutions successfully integrate science-driven public health approaches into their business strategy.