

FLU: UPDATE AND PREVENTION

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Presentation Overview

- The national and state flu picture
- County-level flu and hospitalization data
- AAPS impact
- Centers for Disease Control guidance for prevention
- FAQs and resources

A Weekly Influenza Surveillance Report Prepared by the Influenza Division

Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending Jan 20, 2018 - Week 3

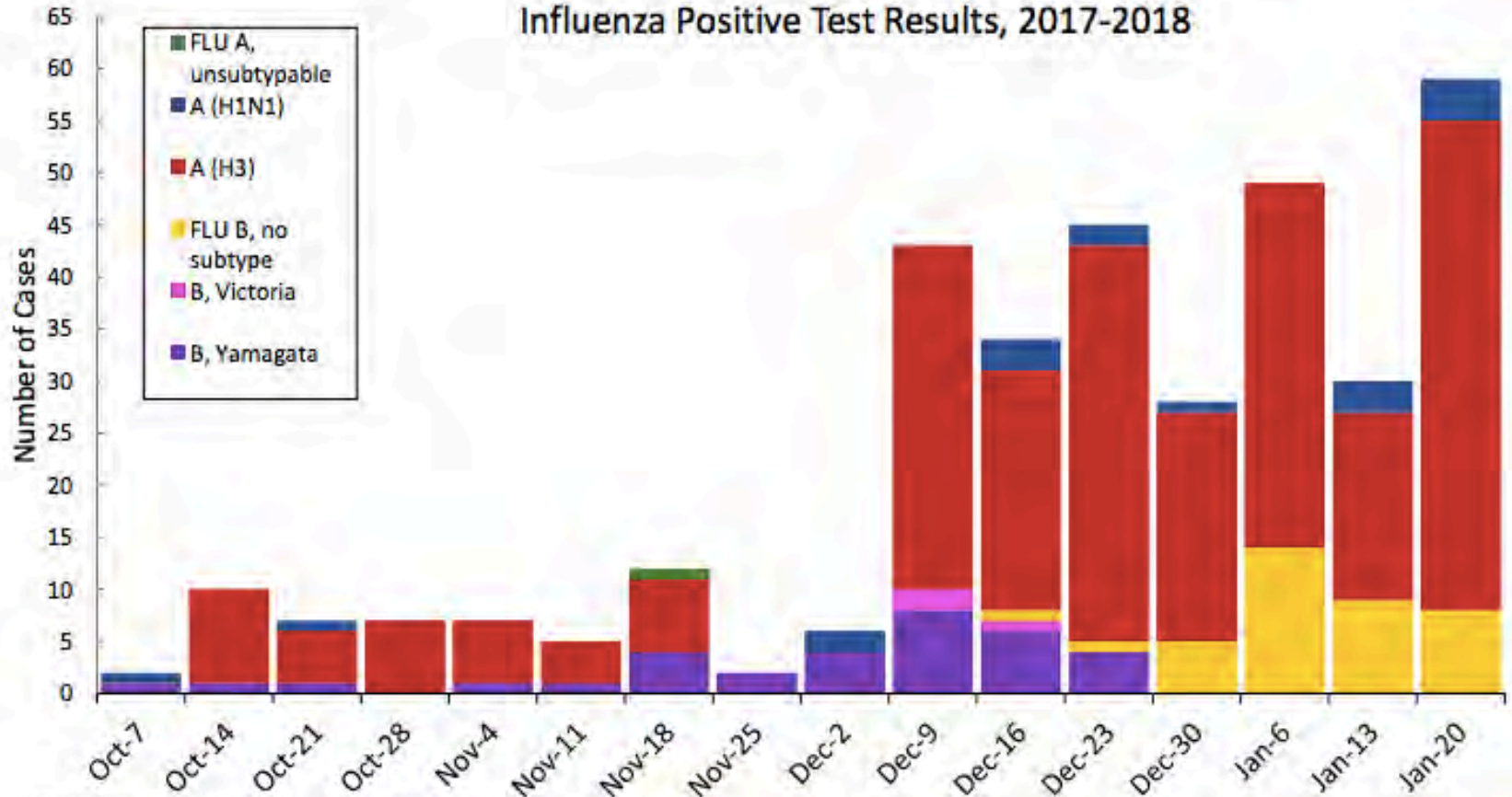


*This map indicates geographic spread and does not measure the severity of influenza activity.

Source: Centers for Disease Control (CDC) <https://www.cdc.gov/flu/weekly/usmap.htm>

State of Michigan

Influenza Positive Test Results, 2017-2018



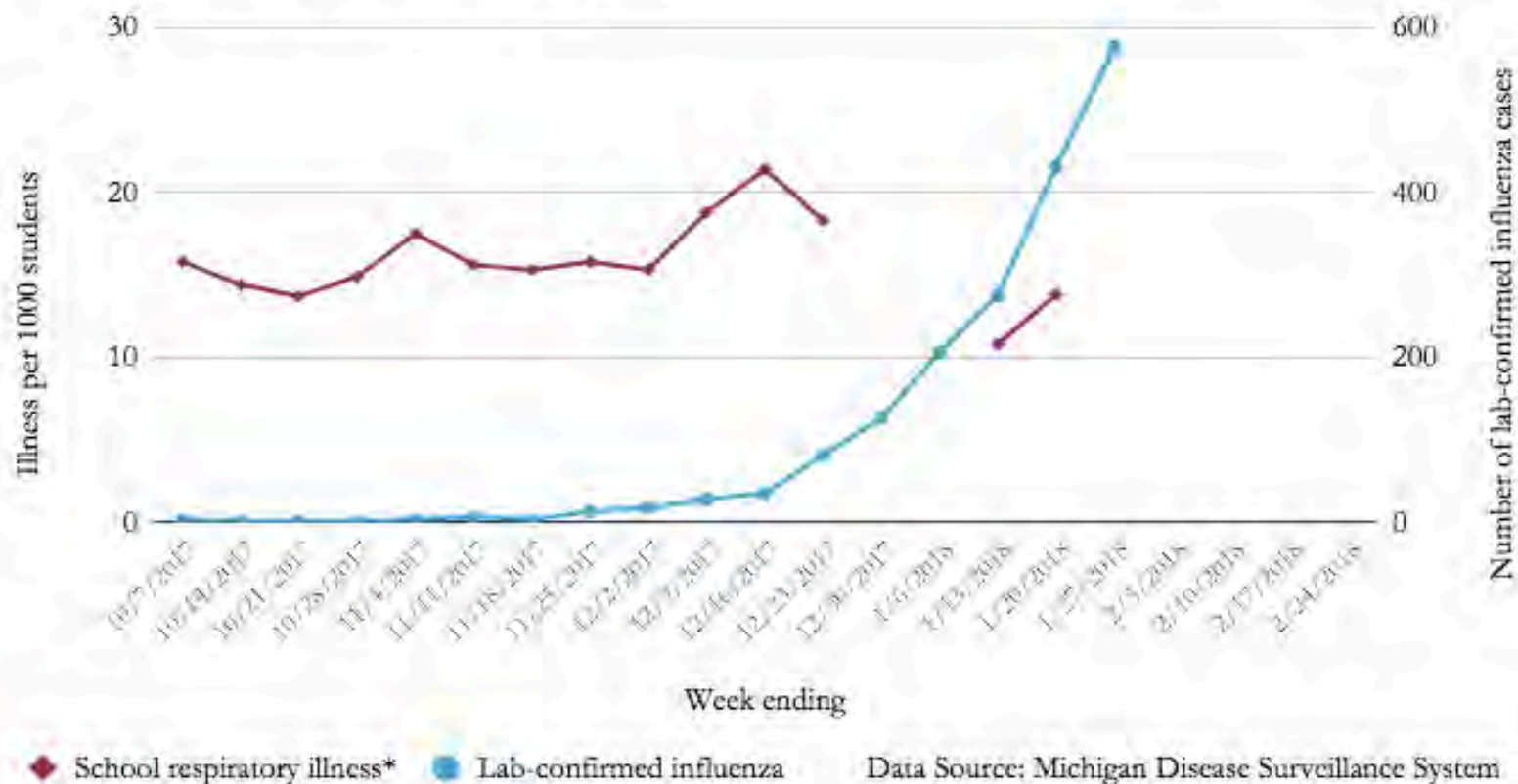
*Based on STARLIMS MDHHS BOL Testing Portal

Note: Flu B subtyping will be reported based on MDHHS BOL testing runs (roughly each month) and will be backtracked into

Source: Michigan Flu Focus http://www.michigan.gov/documents/MIFluFocus_1_5_06_146893_7.pdf

School and Childcare Respiratory Illness Rate* and Lab-confirmed Influenza in Washtenaw County Residents

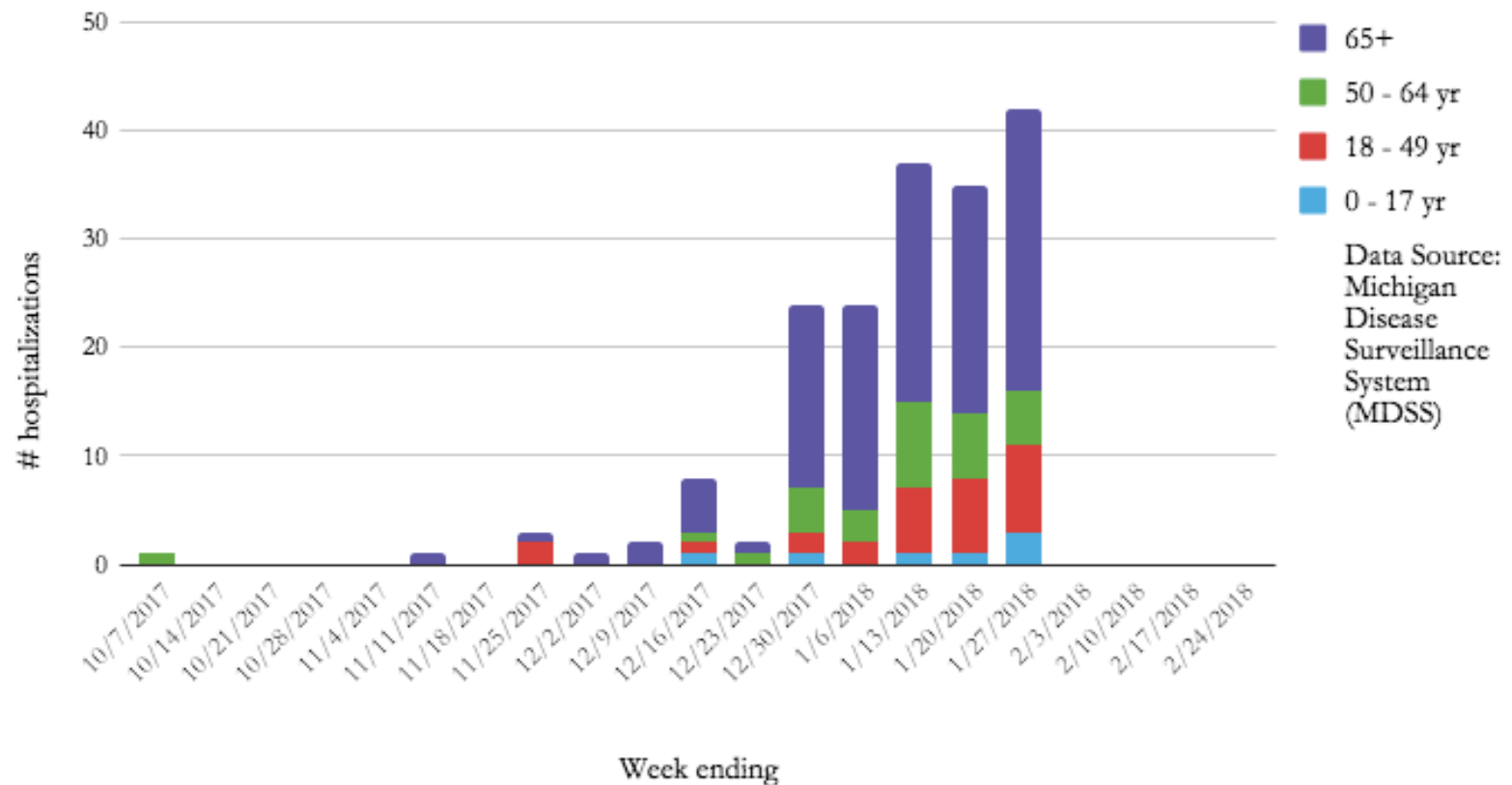
Washtenaw County 2017-2018 Flu Season



Source: Washtenaw County Health Department: http://www.ewashtenaw.org/government/departments/public_health/disease_control/ph_flusurveillance.html

Flu-related Hospitalizations by Age Group in Washtenaw County Residents

Washtenaw County 2017-2018 Flu Season (seasonal count n=181)



Source: Washtenaw County Health Department: http://www.ewashtenaw.org/government/departments/public_health/disease_control/ph_flusurveillance.html

AAPS Staff, Parents and Students can Fight the Flu!

Get vaccinated
Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.

Cover your cough or sneeze
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

Wash your hands
Wash your hands often with soap and water or use an alcohol-based hand cleaner.

Avoid touching your eyes, nose, and mouth
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.

Stay home if you are sick
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

Fight the Flu
It starts with you

For more information, call 2-1-1 or visit www.hawaii.gov/health

HAWAII STATE DEPARTMENT OF HEALTH

September 2009

1. It's not too late for a flu shot!



- We have at least 6 more weeks of flu season ahead; it takes 2 weeks after getting the shot to be fully immunized
- Flu vaccination....
 - Can keep you from getting sick from the flu
 - Reduces the risk of flu-related hospitalization, including among children and older adults
 - Is a preventive tool for people with chronic health conditions
 - May make your illness milder if you do catch the flu
 - Protects people around you who are more vulnerable to serious flu complications
- For more information, visit www.cdc.gov/flu

2. Know what flu is and isn't

Is it a cold or flu?



Signs and Symptoms

Influenza

Cold

Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

3. If you do get sick...

- Cover your cough →
- Avoid close contact with everyone, especially babies, young children, adults 65+, and those with chronic medication conditions
- Wipe down surfaces you touch
- Wash hands frequently



3. (cont'd) Go home and stay home

- ✓ CDC recommends that sick children and adults stay home for at least 24 hours after fever is gone (without the use of fever-reducing medicines)
- ✓ Get an anti-viral Rx (e.g. Tamiflu) within 48 hours if possible
- ✓ Rest and drink lots of fluids
- ✓ Wash hands frequently
- ✓ See a doctor if there is a risk of complication or symptoms worsen

Note: This slide does not constitute medical advice. Contact your doctor or clinic for more information.

4. Practice effective hand-washing

Students and staff can make a huge difference in transmission of flu (and other diseases) by following these guidelines



5. AAPS administration support



- Communication with parents and staff
- Frequent cleaning of “common touch” surfaces
- Hand-washing campaign for students and staff

FAQs and Resources

What is the flu and how does it spread?

→ <https://www.cdc.gov/flu/school/qa.htm>

Do children need to be vaccinated?

→ YES! <https://www.cdc.gov/flu/protect/children.htm>

Who is at high risk for developing flu-related complications?

→ https://www.cdc.gov/flu/about/disease/high_risk.htm

How well does the flu vaccine work?

→ <https://www.cdc.gov/flu/about/qa/vaccineeffect.htm>

Visit www.cdc.gov/flu for more information.

Please note:

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QUESTIONS?
