



FIGHT INFLUENZA

- ▶ Of the 148 influenza-related pediatric deaths in the United States for the 2014-15 flu season ...



19 were reported in Texas (CDC)

- ▶ **CHALLENGES**

- In 2014, flu activity in Texas **peaked in mid-December**, mirroring national trends, (DSHS)
- An estimated **23,607 influenza-related deaths and 200,000 hospitalizations** occur every year in the U.S., (DSHS)
- Only **65%** of Texans age 65 or older received the flu vaccine in 2015, (CDC)

- ▶ **COMPLICATIONS**

- Bacterial Pneumonia
- Bronchitis
- Ear or sinus infections
- Dehydration
- Worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes

- ▶ **SOLUTIONS**

- Get the flu vaccination every year
- Stay away from those who are sick
- Cover coughs and sneezes
- Wash hands frequently





ABOUT THE FLU

The flu can be a life-threatening virus and getting an annual vaccine is the best way to protect yourself from getting the flu.

1. Flu symptoms

- Extreme exhaustion
- High fever (100° to 102°F)
- Aches and pains
- Fatigue that can last 2-3 weeks
- Period of contagiousness

2. Stop the spread

- Most healthy adults can spread the flu one day before symptoms develop and up to five to seven days after becoming sick
- Those with weakened immune systems can infect others for a longer period of time

3. Protect those at risk

- 65 or older
- Chronic conditions (diabetes, asthma, heart disease)
- Pregnant women
- Young children