

Encompass Care

FLU SEASON ,As that time of year approaches, it's important to take steps to protect yourself and those around you from the flu.



INFLUENZA,

- Influenza, commonly known as the flu
- contagious respiratory illness caused by influenza viruses
- It can cause mild to severe illness, and at times can lead to hospitalization and even death.

Stay Clean, Stay Healthy

By Encompass Care

One of the most effective ways to prevent the flu is to get a flu vaccination every year. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older should get a flu vaccine every year. It takes about two weeks for the body to build immunity after getting the vaccine, so it's important to get vaccinated as soon as the vaccine becomes available in your community.



Wash Your Hands!!

In addition to getting vaccinated, there are other steps you can take to reduce your risk of getting the flu:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid close contact with people who are sick.

Stay home if you are sick to avoid spreading the flu to others.

Cover your nose and mouth with a tissue or your elbow (not your hands) when you cough or sneeze.

FEVER, CHILLS, ACHES



By

Gerd Simonsen

If you do get sick with the flu, antiviral drugs can be used to treat the illness. These drugs can make the illness milder and shorten the time you are sick. They are most effective when given within the first 48 hours after symptoms start, so it's important to see a healthcare provider as soon as possible if you suspect you have the flu.

Finally, it's important to note that even if you get vaccinated and take other preventive measures, there's still a chance you could get the flu. If you do get sick, stay home and avoid close contact with others to prevent the spread of the illness.

Stay healthy this flu season by getting vaccinated and taking other preventive measures. If you have any questions, talk to your healthcare provider.

Best Regards,

Curtis Bazemore MD

