



BY
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Don't be a statistic!

- Anyone can get the “flu” and most recover in 7 to 10 days, but occasionally even healthy people can get more severe complications.
- Influenza (flu) is a highly contagious disease of the lungs, and it can lead to pneumonia.
- Each year about 114,000 people are hospitalized and about 36,000 people die from the flu and related symptoms.
- Most who die are over 65 years and older, however children under 2 are just as likely to be hospitalized with flu symptoms.

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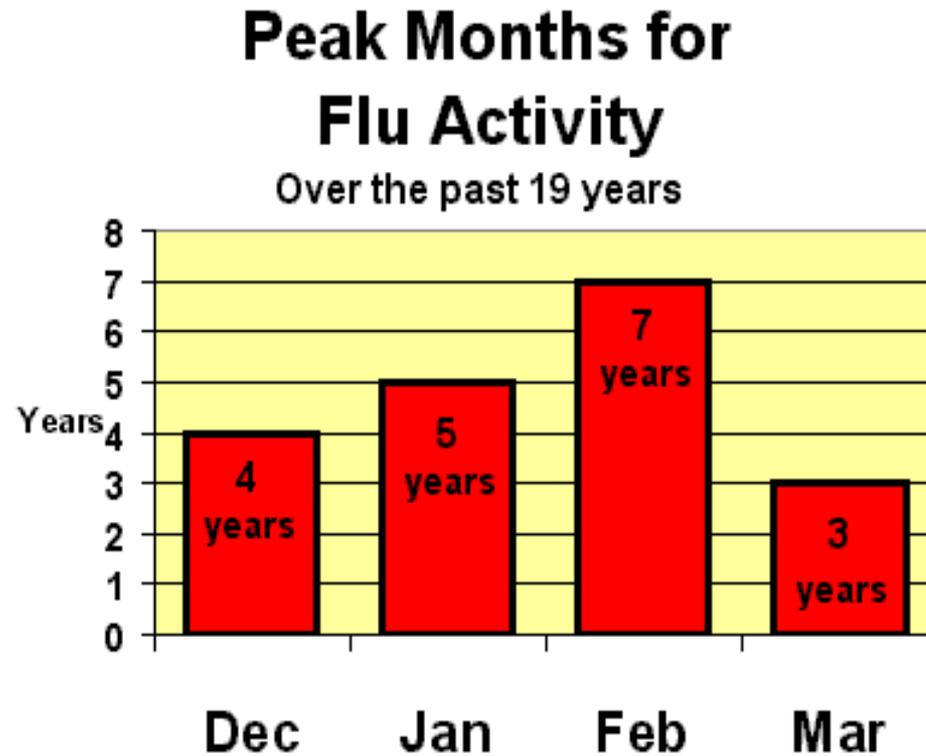
Most people who get influenza will recover in one to two weeks, but some people will develop life-threatening complications (such as pneumonia) as a result of the flu. Millions of people in the United States — about 10% to 20% of U.S. residents — will get influenza each year.

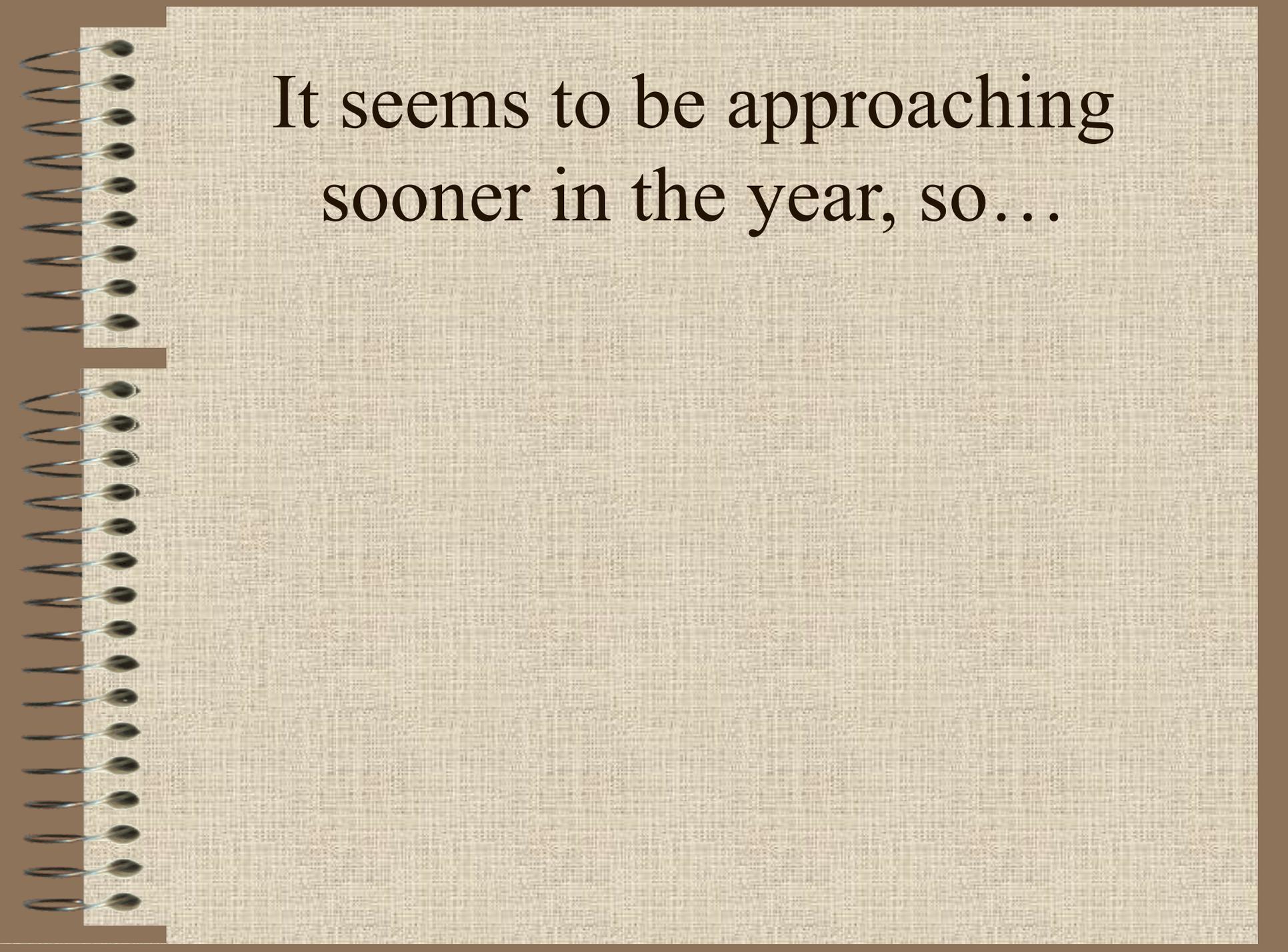
What are the Signs & Symptoms?

- Fever
- Headache
- Tiredness
- Dry cough
- Sore throat
- Nasal congestion
- Body aches



When is Flu Season the Worst?



A spiral-bound notebook with a light beige, textured cover. The spiral binding is on the left side, and the notebook is open to a blank page. The text is centered on the page.

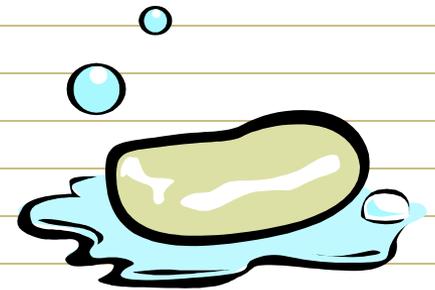
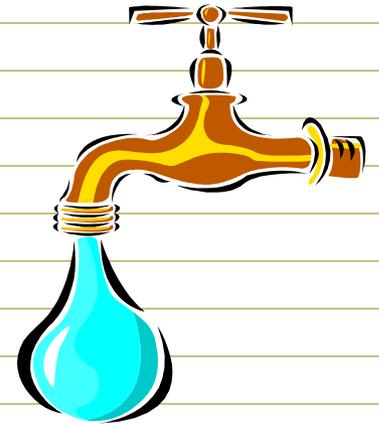
It seems to be approaching
sooner in the year, so...

Roll up your sleeve for a “Flu Shot!”

- We will offer this at the upcoming TVHS Health Fair - scheduled for the first Friday in November.



- Wash hands very frequently.
- Avoid large crowds of people, and yes this is hard to do with Christmas shopping!!
- Get the proper amount of sleep.
- Eat a balanced diet.
- Drink plenty of liquids.
- Don't let the holidays stress you!!



How do I tell if the flu is life threatening?



- Any of these signs and symptoms require immediate attention -
- **High fever**
- **Dehydration, very thirsty and very little urine output**
- **Any difficulty breathing**

Reminders for staff about hand washing

- By educating and reminding the students, we should be able to reduce some of the common “viruses” by 94% just by reintroducing the practice of hand-washing.
- Improving hand-washing will overall benefit staff and student health, **NOT JUST FOR THE FLU!!!**

Where can I receive a flu shot?

- Contact the Pickaway County Health Department for flu vaccinations - they have limited supplies and you must meet the CDC guidelines. They are given by appointment - 477-9667 ext. 240 for a minimal fee.
- Contact your local family doctor regarding the flu vaccination. Ask about the nasal spray flu vaccine.

References:

- Pickaway County Health Department
- [CDC.gov/flu](https://www.cdc.gov/flu)