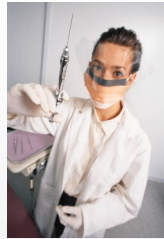


## Nasal Mist or Injection

Influenza vaccine can be administered in either of two forms; a nasal mist or an injection.



**Injections:** These are usually administered via needle in the upper arm and are commonly available at your health care provider's office, local health departments, pharmacies, and other approved distribution sites.

**Nasal Mist:** For those who do not wish to receive an injection, an influenza mist can be painlessly administered via the nose. This form is recommended for healthy individuals aged five to 50; this form is just as effective as the injected vaccine and as widely available.

**NOTE:** Prior to receiving a flu vaccination/mist, those with life-threatening allergies should inform health care providers regarding their specific conditions; this includes severe allergies to eggs or if ever having Guillain-Barre' syndrome.

### Other Flu Vaccination Facts:

1. Citizens are reminded that you cannot get influenza from receiving a vaccine.
2. It takes approximately two weeks after vaccination for your body to develop an immune response, so early autumn immunizations are recommended.

### Sources:

Virginia Department of Health  
Central Virginia Health District  
Center for Disease Control

## Resources:

For additional information, please visit:

The Virginia Department of Health  
[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

The Centers for Disease Control  
[www.cdc.gov/flu](http://www.cdc.gov/flu)

Central Virginia Health District  
<http://www.vdh.state.va.us/lhd/CentralVirginia/index.htm>



## Campbell County Public Safety

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*One County, One Mission, One Call Away*



**Campbell County Public Safety**

*One County, One Mission, One Call Away*

# Flu Season



*Keeping Yourself  
and Your Family  
Healthy*



# Flu Season Precautions



With the annual onset of the autumn flu season, citizens are encouraged to take some simple precautions to protect themselves, their families and the general public from

becoming ill. Receiving the appropriate vaccinations, being aware of flu symptoms, and applying basic hygiene principles can assist in minimizing the spread of influenza, not only in the workplace, but likewise in the community.

## Seven Ways to Stay Healthy:

1. Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.
2. Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner (at least 60%) if soap and water are not available. Instant hand sanitizers should be used as an important supplement to washing hands, but not as a replacement.
3. Avoid touching the nose, mouth, and eyes. Germs spread this way.
4. Cover coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.
5. Keep frequently touched items disinfected (such as telephones, computer keyboards, doorknobs, drawer handles, etc.). If you need to use a co-worker's phone, desk, or other equipment, clean it first.
6. Stay home or leave work immediately if experiencing flu-like symptoms, including fever (100 degrees Fahrenheit/ 38 degrees Celsius or over) or chills and cough or sore throat. Additionally, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting). The CDC recommends that individuals stay home if they are symptomatic with flu-like illness until at least 24 hours after they are free of fever, without the use of fever-reducing medicines.
7. Get vaccinated for seasonal flu, when vaccine is available in your area.

*The Virginia Department of Health provides the following flu-related facts:*

### **What is influenza and when does it occur?**

Influenza is commonly referred to as "the flu", and is a viral infection of the lungs. There are two main types of influenza virus: A and B. Each type includes many different strains that tend to change from year to year (the annual vaccine carries the H1N1 strain). In the United States, influenza occurs most often in the late fall and winter months.

### **Who gets influenza? How is it spread?**

Anyone can get influenza and since 2009 many seemingly healthy individuals have been severely affected, especially among 18-24 year olds. Influenza spreads easily in discharges from the nose or throat, usually when an infected person coughs or sneezes.

### **How soon after exposure do symptoms appear?**

#### **What are the symptoms of influenza?**

Symptoms usually appear one to three days after exposure and symptoms can include a sudden onset of fever, headache, chills, cough, sore throat, and body aches. Although most people are ill for less than a week, some people may experience complications that require hospitalization.

### **How is influenza diagnosed and treated?**

Laboratory tests are available to diagnose influenza; however, doctors usually diagnose influenza from the person's symptoms. Rest, liquids, and over-the-counter medicine (e.g., acetaminophen [Tylenol®]) are the usual treatments and some prescription medications may reduce the severity of the flu. **NOTE: Aspirin should not be given to children with fever-causing illnesses.**

### **How long can a person spread influenza?**

Influenza can spread from one person to another beginning approximately one day before symptoms appear through approximately one week after onset.

### **Who should be vaccinated against influenza?**

All persons aged six months and older should be vaccinated against influenza each year. Particular effort should be made to immunize people at higher risk for influenza infection or complications. This includes:

- all children aged 6 months-18 years, and all persons aged 50 years and above
- pregnant and postpartum women and women who will be pregnant during the influenza season

- residents of nursing homes and long-term care facilities.
- people who have chronic lung or heart problems, including asthma
- people who have other serious medical conditions, such as diabetes, kidney disease, cystic fibrosis, anemia, cancer, weak immune systems (including those with HIV), or a seizure disorder.

To help prevent the spread of influenza, the following individuals should make extra effort to receive a flu vaccination:

- those with higher exposure to the public
- those who work with individuals in high risk groups and/or those who live with individuals in a high risk group
- healthcare workers/emergency personnel who provide services to the public and to those in high risk groups
- travelers to countries outside the of the U.S.

## **Caring for Yourself and Your Family:**

People with seasonal flu symptoms, who are caring for themselves or others at home should:

- Keep away from others as much as possible; do not attend work, church or school if ill.
- Ensure plenty of rest and drink clear fluids (such as water, broth, sports drinks, and electrolyte beverages for infants) to keep from being dehydrated. Keep these fluids and other medical supplies on-hand (disinfectant, tissues, clear beverages, etc.) to avoid the need of traveling to public areas.
- Insist all family members cover coughs and sneezes; disinfect exposed surfaces to minimize the spread of the virus. Clean hands with soap and water or an alcohol-based hand especially after touching potentially exposed items/surfaces.
- Check with a health care provider regarding any special care needed if pregnant or if diagnosed with another health condition, such as diabetes, heart disease, asthma, or emphysema. Use antiviral medications if your doctor recommends them; seek medical attention promptly if symptoms worsen.

