

# December 2019 Influenza Awareness



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**Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Influenza Awareness.**

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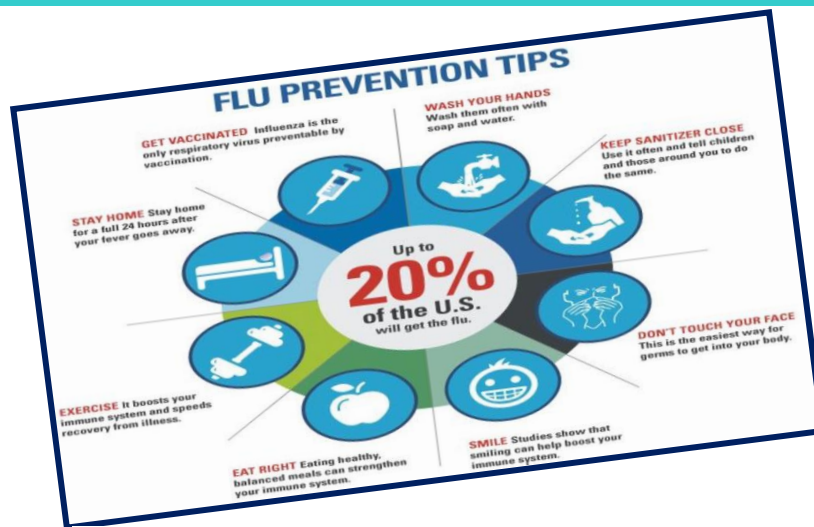
## Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.

*Source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)*



## What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year

Source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

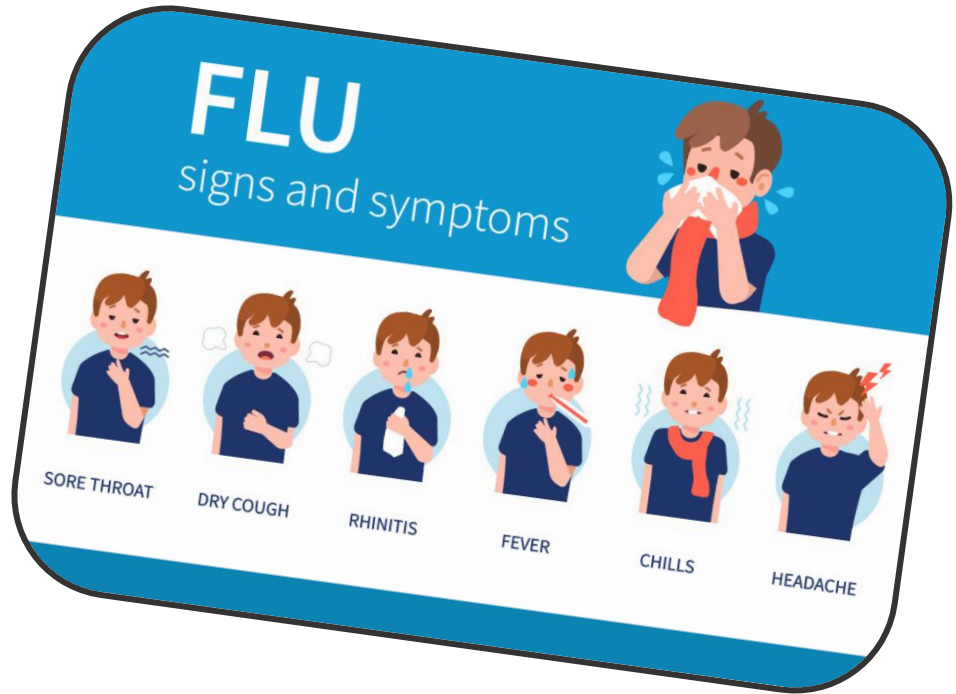
## How Flu Spreads



Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

Source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

## Do A Double Check



### How Many People Get Sick With Flu Every Year?

A 2018 CDC study published in *Clinical Infectious Diseases* looked at the percentage of the U.S. population who were sickened by flu using two different methods and compared the findings. Both methods had similar findings, which suggested that on average, about 8% of the U.S. population gets sick from flu each season, with a range of between 3% and 11%, depending on the season.

### Who Is Most Likely To Be Infected With Influenza?

The same study found that children are most likely to get sick from flu and that people 65 and older are least likely to get sick from influenza. Median incidence values (or attack rate) by age group were 9.3% for children 0-17 years, 8.8% for adults 18-64 years, and 3.9% for adults 65 years and older. This means that children younger than 18 are more than twice as likely to develop a symptomatic flu infection as adults 65 and older.

### How Is Seasonal Incidence Of Influenza Estimated?

Influenza virus infection is so common that the number of people infected each season can only be estimated. These statistical estimations are based on CDC-measured flu hospitalization rates that are adjusted to produce an estimate of the total number of influenza infections in the United States for a given flu season.

### Does Seasonal Incidence Of Influenza Change Based On The Severity Of Flu Season?

Yes. The proportion of people who get sick from flu varies. A paper published found that between 3% and 11% of the U.S. population gets infected and develops flu symptoms each year. The 3% estimate is from the 2011-2012 season, which was an H1N1-predominant season classified as being low severity. The estimated incidence of flu illness during two seasons was around 11%; 2012-2013 was an H3N2-predominant season classified as being of moderate severity, while 2014-2015 was an H3N2 predominant season classified as being of high severity.

*Source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)*

## Winter Means Flu Season

If you've had the flu, you know how miserable it can be. Fever, cough, sore throat, runny or stuffy nose and aching muscles are some of the symptoms.

It's important to take the flu seriously. Flu viruses spread easily, mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

How can you keep from getting it? The first and most important step in preventing flu is to get a flu vaccination each year. It's also important to take actions that help slow the spread of germs:

- Stay away from people who are sick.
- Cover your face with a tissue or the crook of your arm when you cough or sneeze.
- Wash your hands throughout the day.

The flu pays a visit every winter. A few precautions can help keep it at bay.

Sources: Centers for Disease Control



## Protect Your Health With The Flu Vaccine

Don't get caught without a flu shot!

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether.

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggest a yearly dose for those who:

- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a chronic health condition, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child-care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma



# Did You Know?

## Be Safe this Holiday Season



### Take a cab and send the bill to us!

The holidays are the perfect time to gather with friends and family to celebrate the joy of the season and ring in the New Year. Deer Oaks, your EAP, encourages you to be safe this holiday season and choose a designated driver.

If you find yourself in need of a ride, call a cab and send the bill to us for reimbursement. This service is available once per year per participant with a maximum reimbursement of \$45.00 (excludes tip).

Simply call our Helpline for instructions on how to submit your receipt. It may take up to 45 days for reimbursement.

**(866) 327-2400 | [www.deeroaks.com](http://www.deeroaks.com)**

# Let's Get Moving!

## Move of the Month



**santa's**  
**step-up**  
monthly challenge

**Week 1:**  
20 R leg step-ups  
20 l leg step-ups

**Week 2:**  
30 R leg step-ups  
30 l leg step-ups  
10 R leg/l knee step-ups  
10 l leg/r knee step-ups

**Week 3:**  
40 R leg step-ups  
40 l leg step-ups  
20 R leg/l knee step-ups  
20 l leg/r knee step-ups  
10 R leg/l leg extension  
step-ups  
10 l leg/r leg extension  
step-ups

**Week 4:**  
50 R leg step-ups  
40 l leg step-ups  
30 R leg/l knee step-ups  
30 l leg/r knee step-ups  
20 R leg/l leg extension  
step-ups  
20 l leg/r leg extension  
step-ups

**Complete each set of exercises 5 of 7 days per week.**

[www.headsheeateclean.com](http://www.headsheeateclean.com)

### Last Month's Events:

**Door Prize Winners:**

November 7, 2019

*Nahum Villicana – City of Mission Mug*

November 20, 2019

*Jaime Cervantes – Holiday Mug*

*Mayra Rocha – City of Mission Umbrella*



### Upcoming Events:

**Wednesday, December 4, 2019**

Airrosti Lunch & Learn

Time: 12:00PM – 1:00PM

Location: City Council Chambers

**Thursday, December 5, 2019**

Pre-Retirement Seminar

Time: 8:30AM – 11:30AM

Location: CEED Building Lecture Hall

**Friday, December 6, 2019**

Blood Drive

Time: 8:30AM – 5:00PM

Location: Parks & Rec Gym

**Thursday, December 12, 2019**

Children's Christmas Party

Time: 6:00PM – 9:00PM

Location: Parks & Rec Gym

**Friday, December 13, 2019**

Holiday Party

Time: 7:00PM

Location: Event Center