

Take care of your family by taking care of your health **GET VACCINATED AGAINST THE INFLUENZA!**



Influenza, also known as the flu, is a contagious respiratory illness caused by different types of viruses that spread through coughing, sneezing and close contact. Although less common, you can also become infected if you touch a surface or object contaminated with the virus and then touch your mouth, nose or eyes. The best way to reduce your risk of getting the virus and prevent possible serious complications is to get vaccinated each season.

Symptoms

Symptoms of influenza usually appear suddenly. Some of the symptoms are:

- ✔ Fever or chills (not everyone has a fever).
- ✔ Cough
- ✔ Sore throat
- ✔ Nasal mucus or stuffy nose
- ✔ Muscle and body aches
- ✔ Headaches
- ✔ Fatigue (tiredness)
- ✔ Some people may have vomiting and diarrhea, although this is more common in children than in adults

Treatment

- The first recommendation is to stay at home and avoid contact with other people, except for medical care.
- Once your health care provider sees you, he or she may prescribe an antiviral medication to help you fight the virus and improve your symptoms.
- If you have further complications, hospitalization may be recommended.

Vaccinations are required for:

- ✔ Children from about 6 months of age
- ✔ Adults 65 years of age and older
- ✔ Pregnant women
- ✔ People with chronic conditions such as:
 - Asthma
 - Diabetes
 - Lung diseases such as chronic obstructive pulmonary disease (COPD)
 - Blood disorders such as sickle cell anemia
- Neurological diseases
- Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
- Kidney conditions
- Liver disease
- Weakened immune system due to illness (such as people with HIV or AIDS or cancer such as leukemia) or use medications that compromise the immune system.

Should not be vaccinated:

- Children under 6 months of age.
- People with flu symptoms. They should wait until they recover before getting vaccinated.
- People who:
 - had only hives after an exposure to egg.
 - had allergic reactions to egg such as angioedema, respiratory distress, dizziness or recurrent vomiting, should be administered in a medical facility.
 - have developed Guillain-Barré Syndrome
 - had a severe allergic reaction to a previous dose of influenza vaccine

Some of the benefits of getting vaccinated are:

- Protection of your and your family's health.
- Keeping your pre-existing health conditions under control.
- Preventing hospitalization due to health complications.
- Continue doing the activities you enjoy most without interruptions due to illness.

Protect yourself against influenza by following these 3 steps:

- 1 Get vaccinated as soon as the flu season starts** (September). One dose of influenza vaccine is recommended each season.
- 2 Practice preventive measures**
 - Wash your hands several times a day with soap and water or use a sanitizer with at least 60% alcohol.
 - Clean and disinfect surfaces or objects that may be contaminated.
 - Avoid touching your eyes, nose or mouth.
 - Avoid close contact with sick people.
 - Cover your mouth and nose with a tissue when coughing or sneezing and discard it after use.
 - If you are sick, seek medical attention.
 - Rest at home for at least 24 hours after your fever is gone
- 3 If you have influenza:**
Follow your doctor's instructions. He or she may prescribe antiviral medications that will help make the illness milder and last less time.

At MCS Classicare we want you healthy. Get vaccinated against influenza and protect you and your family's health

Reference:

CDC. Flu Vaccine and People with Egg Allergies. 2022 <https://www.cdc.gov/flu/prevent/egg-allergies.htm>
CDC. Prevent Seasonal Flu. 2022. <https://www.cdc.gov/flu/prevent/index.html>

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