



Influenza

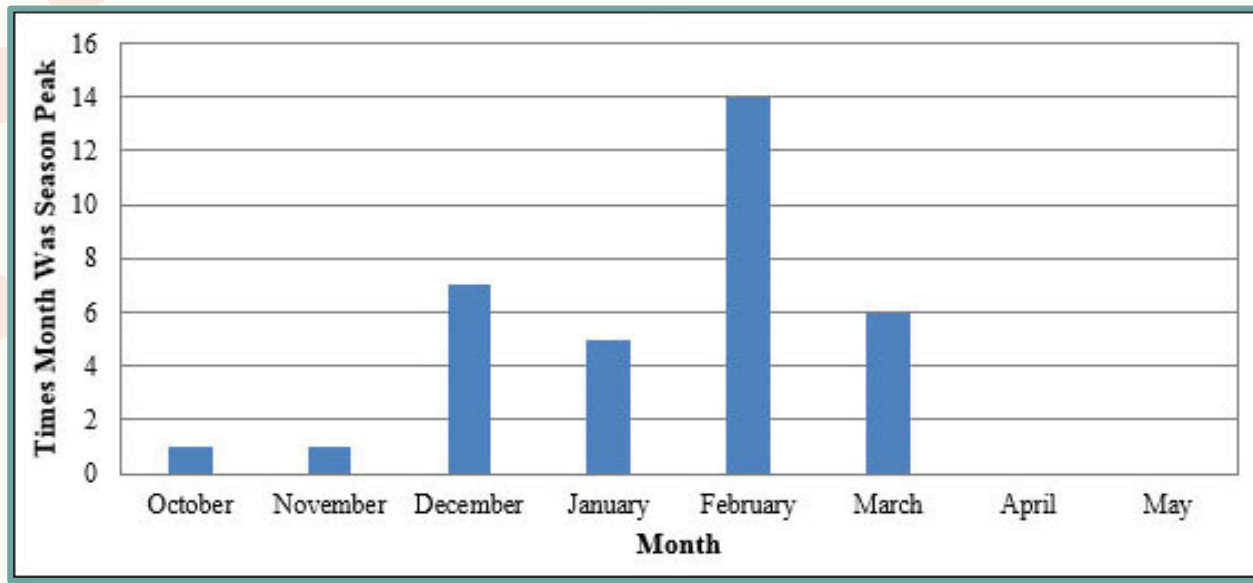
Johnson County Health Department

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June 2018

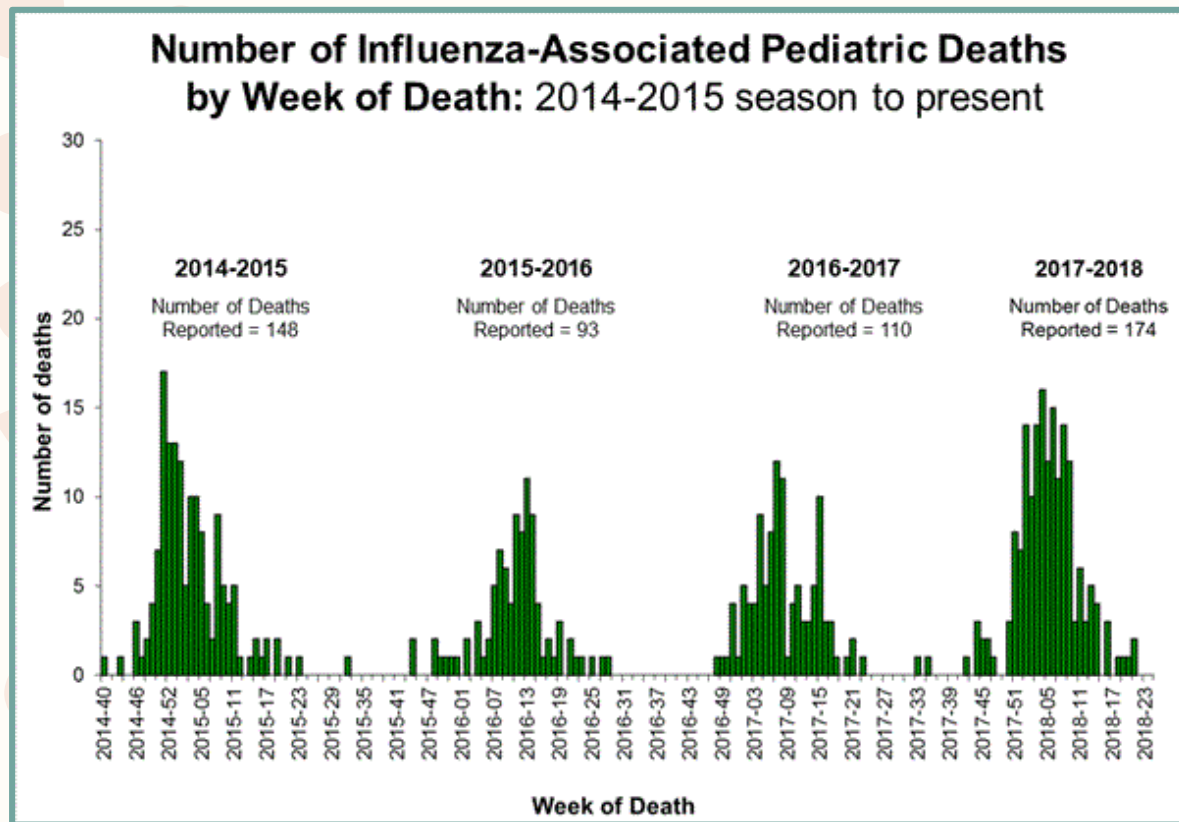
2 What It Is

Peak Month of Flu Activity 1982-1983 through 2015-2016



- “Flu”
- Contagious, viral infection
- Spread October through May in US
- Many different strains
- Types A and B

3 Statistics

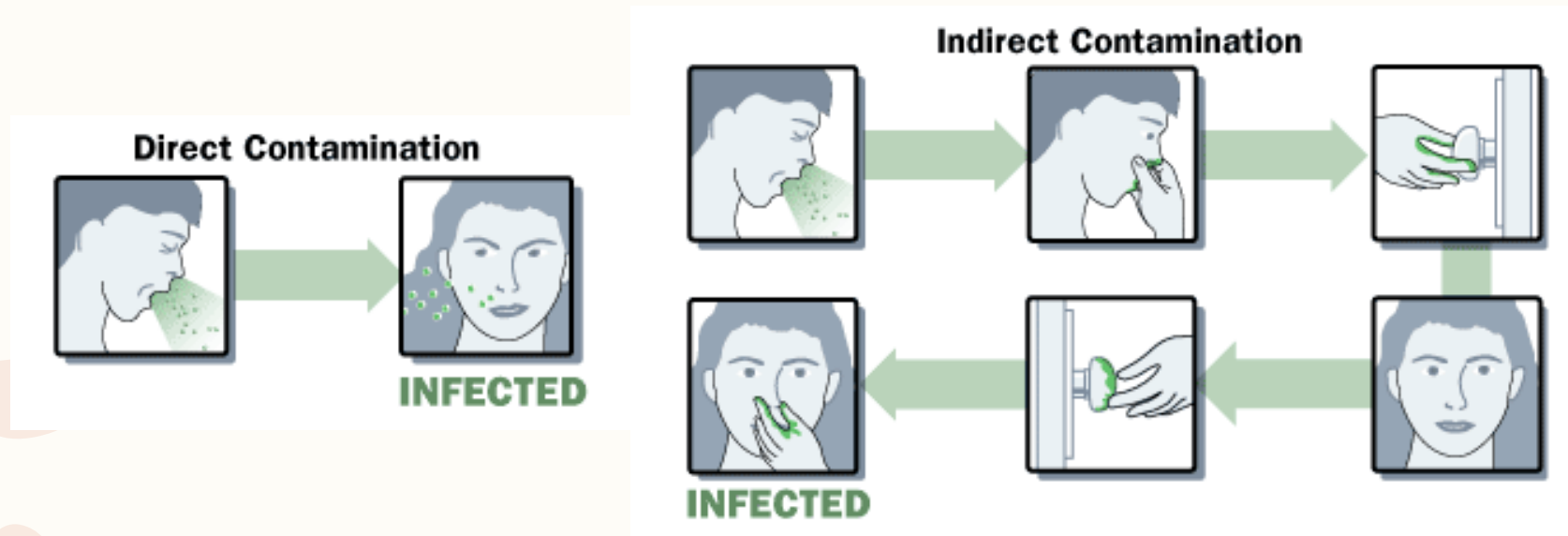


United States annually:

- 5-20% US population affected
- More than 200,000 hospitalizations
- Range 3,000-49,000 deaths
- About 90% flu related deaths ages 65 and older

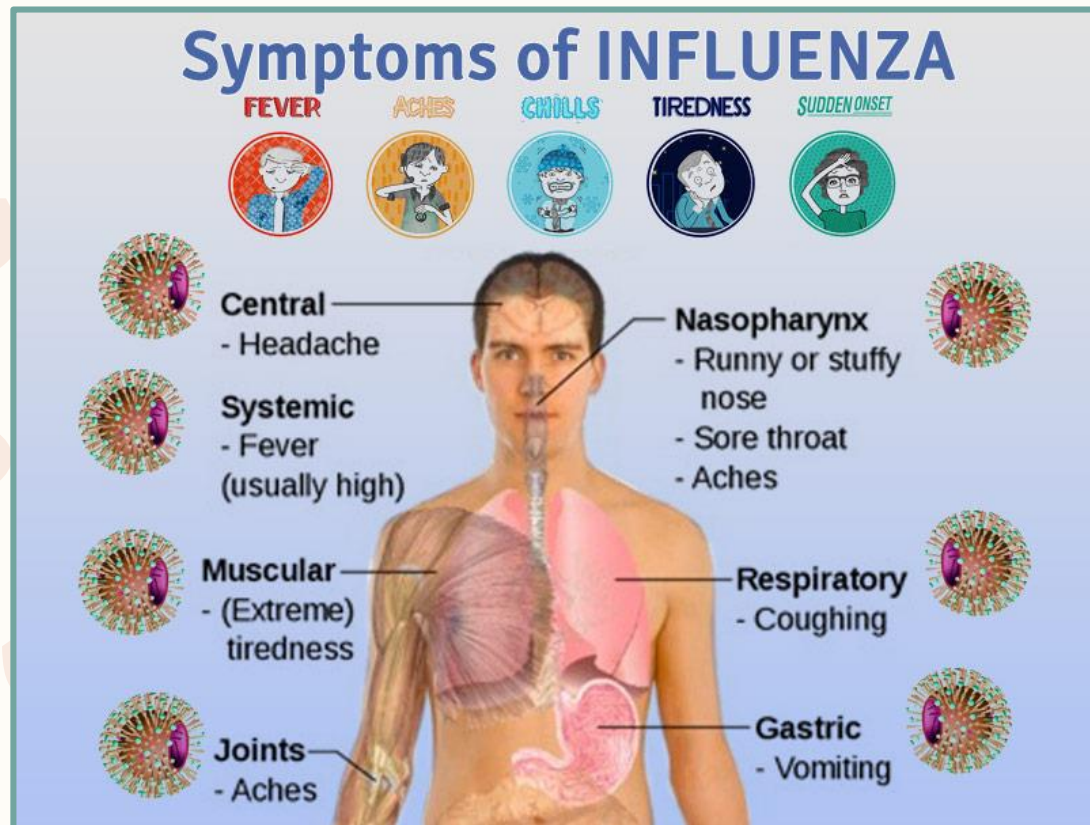
CDC. Influenza (Flu): Weekly U.S. Influenza Surveillance Report, 22 Jun. 2018. <https://www.cdc.gov/flu/weekly/index.htm#ILIMap>

4 How It Is Spread



Ehumanbiofield. *Spreading the Flu Eat*, 2018.
<http://ehumanbiofield.wikispaces.com/spreading+the+flu+eat>

5 Symptoms



- Incubation 1-4 days
- Lasts 2-7 days
- Starts suddenly

Wang, Yiming. Qsota Medical. *Influenza (Flu)*, 27 Oct. 2015.
<https://qsota.com/influenza-flu/>

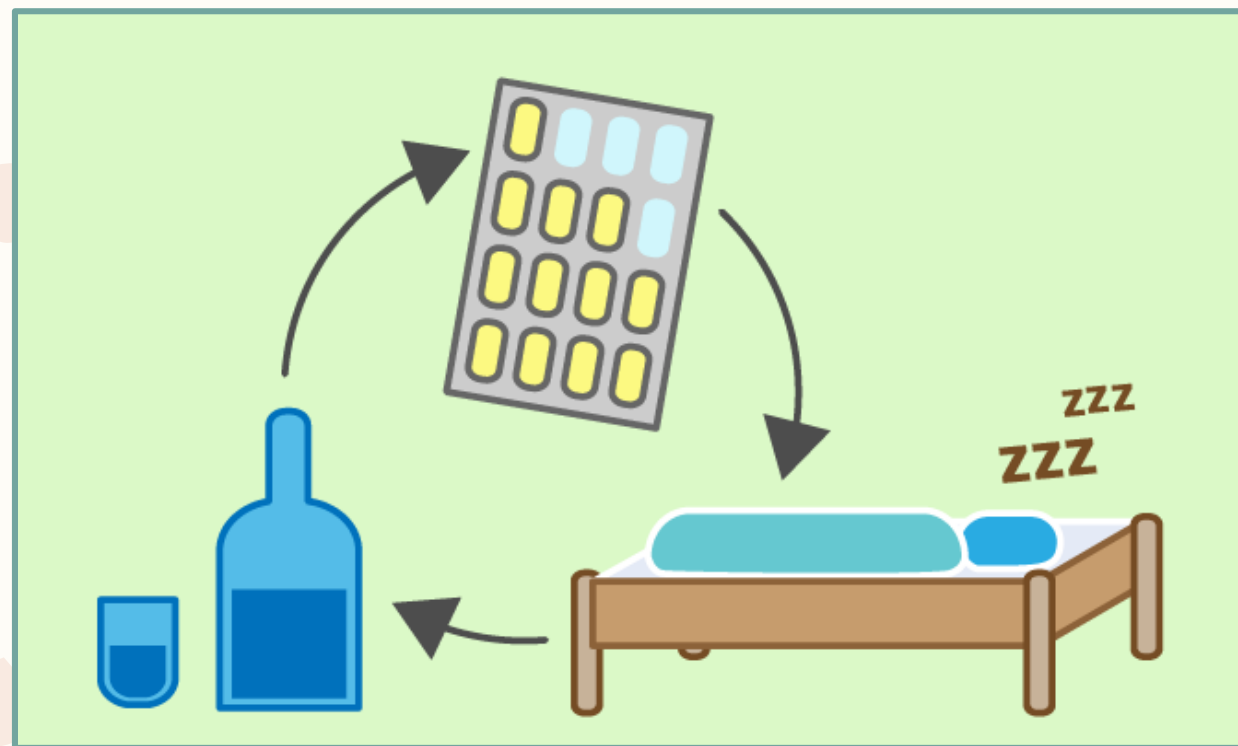
6 Diagnosing



- Physical exam
- Lab tests

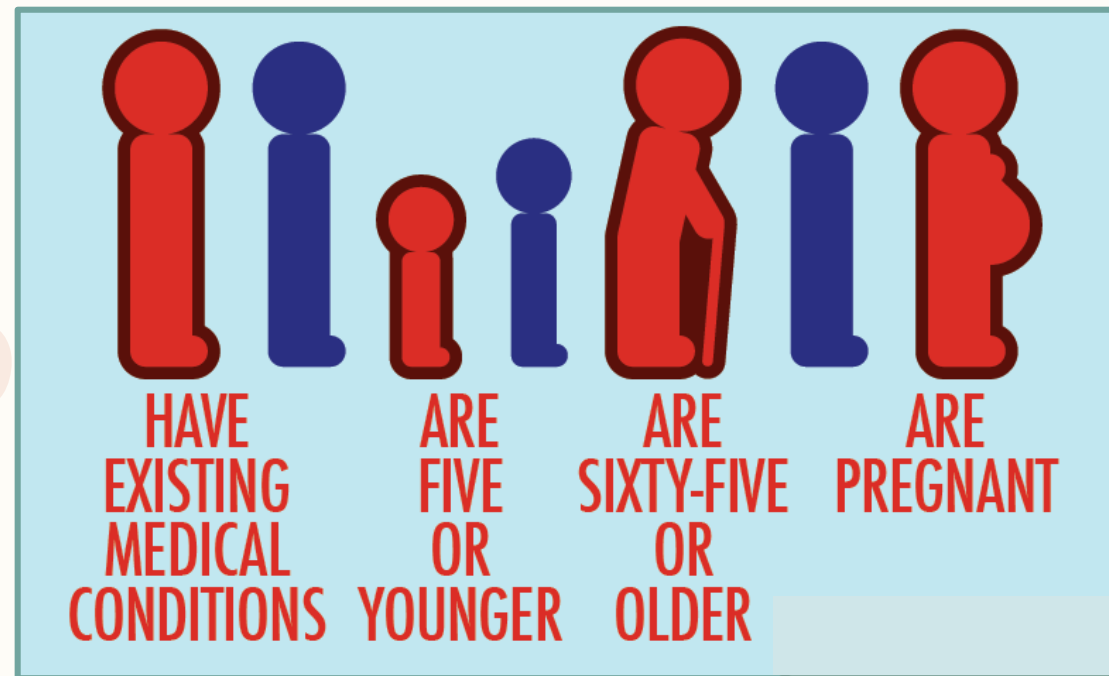
New England Journal of Medicine. YouTube. *NEJM Procedure: Collection of Nasopharyngeal Specimens with the Swab Technique*, 23 Nov. 2009.
<https://www.youtube.com/watch?v=DVJNWefmHjE>

7 Treatment



UNICEF. *What You Need to Know About the Zika Virus*, 12 Feb. 2016.
<https://blogs.unicef.org/blog/what-you-need-to-know-about-the-zika-virus/>

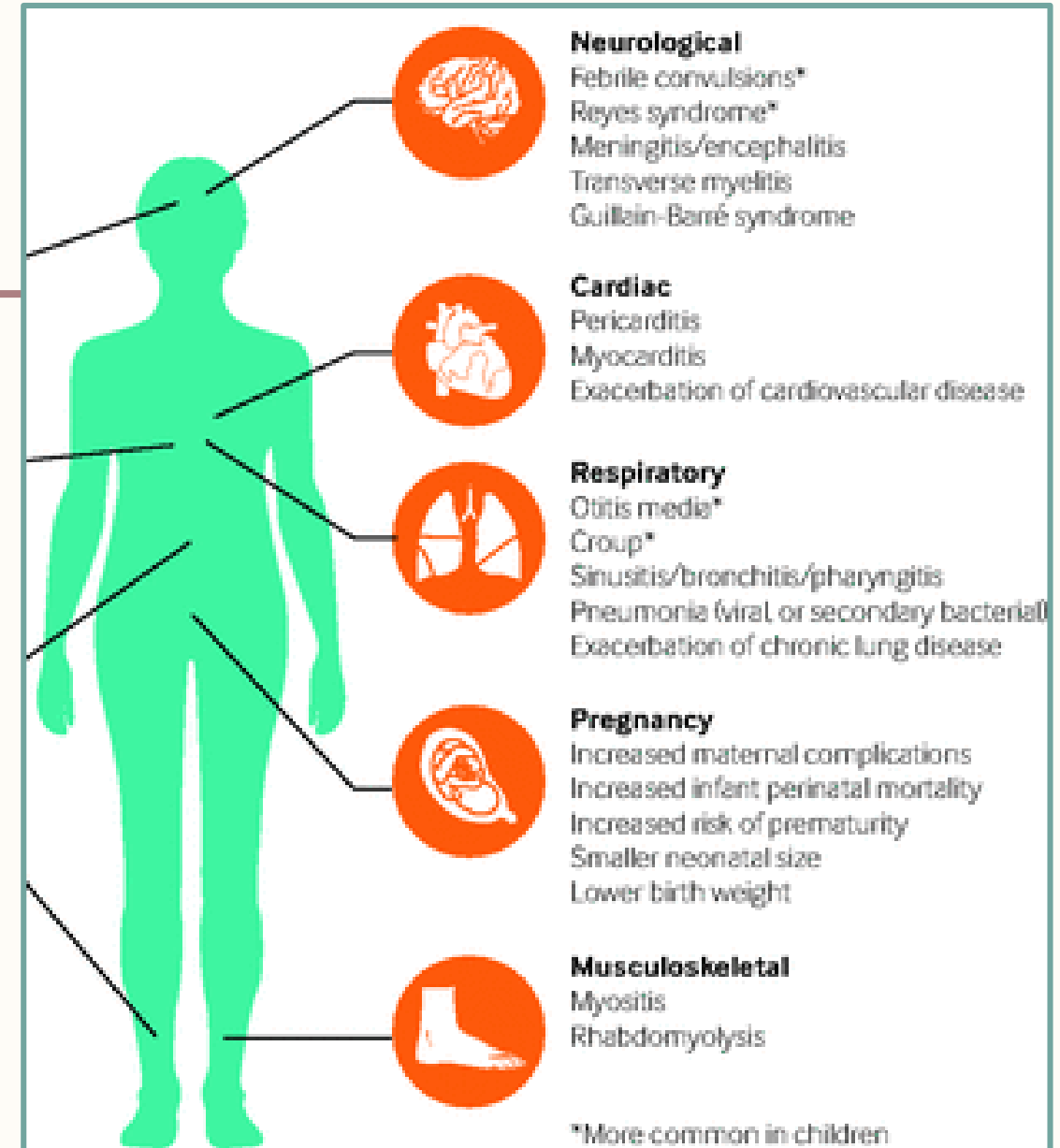
8 High Risk For Complications



McGee, Laci. The Prairie. *SMS Encouraging Flu Shot for All*, 22 Jan. 2013.
<https://theprairienews.com/13788/news/sms-encouraging-flu-shot-for-all-2/>

9 Complications

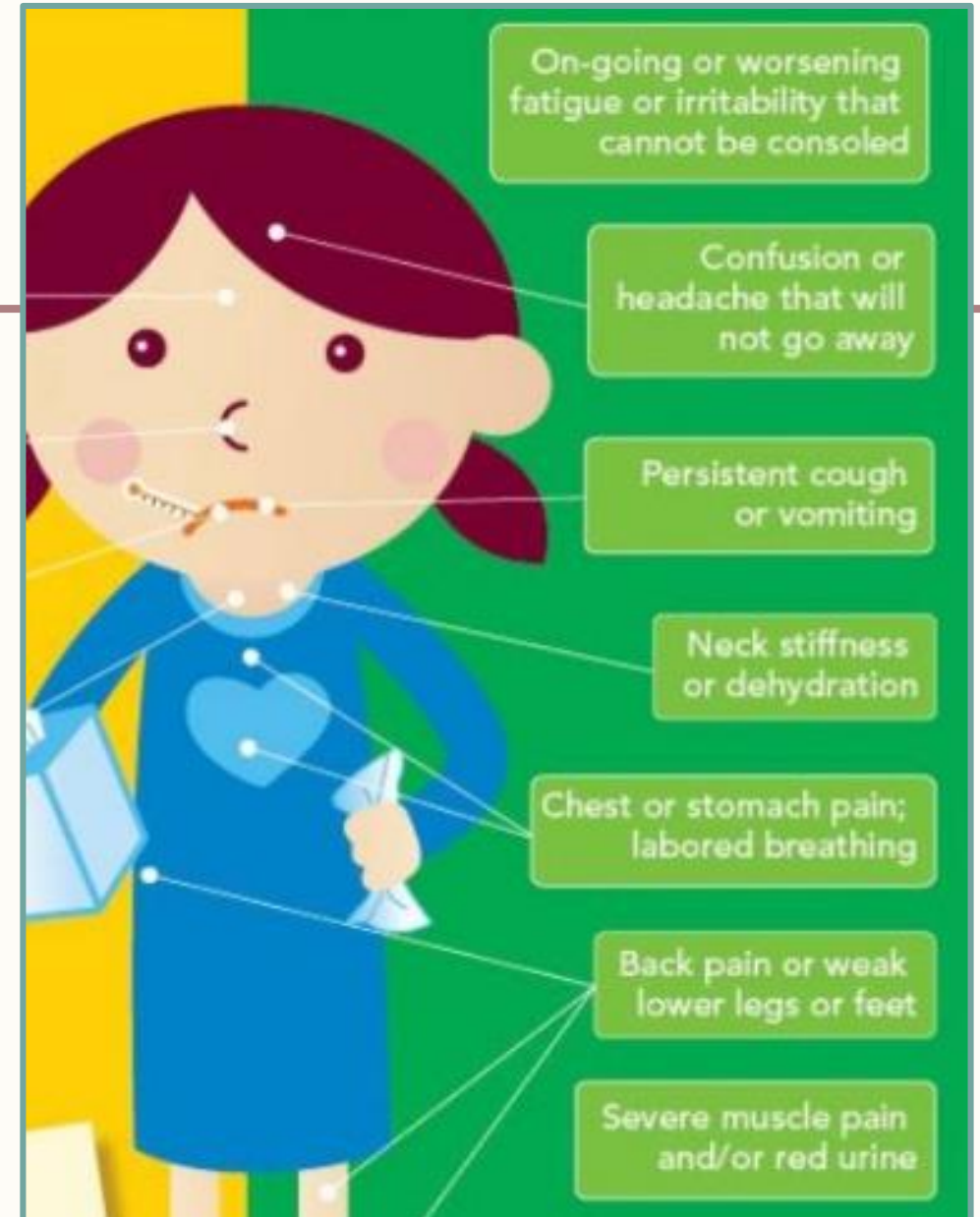
- Hospitalization
- Death



10 When To See A Doctor

- Symptoms and risk of complication
- No improvement after 1 week

Pinterest. Kids & the Flu Infographic ~ Common Symptoms & When to See a Doctor, n.d.
<https://www.pinterest.com/pin/86905467783767511/>



11 Prevention



McKelvey, Bingham. Visually. *7 Ways to Fight the Flu-Flu Treatment San Antonio by Gonzaba Urgent Care*, 18 Jan. 2016. <https://visual.ly/community/infographic/health/7-ways-fight-flu-flu-treatment-san-antonio-gonzaba-urgent-care>

12 References

Centers for Disease Control and Prevention. "Influenza (Flu)." *CDC.gov*, 20 Jun. 2018.

<https://www.cdc.gov/flu/index.htm>. Accessed 20 Jun. 2018.

Indiana State Department of Health. "Influenza." *ISDH.IN.gov*, 1 Jul. 2016.

<https://www.in.gov/isdh/25462.htm>. Accessed 20 Jun. 2018.

Mayo Clinic. "Influenza (flu)." *MayoClinic.org*, 16 May 2018.

<https://www.mayoclinic.org/diseases-conditions/flu/symptoms-causes/syc-20351719>.

Accessed 20 Jun. 2018.

WebMD. "What is the Flu?" *WebMD.com*, 24 Jan. 2018. [https://www.webmd.com/cold-and-](https://www.webmd.com/cold-and-flu/what-is-flu#1)

[flu/what-is-flu#1](https://www.webmd.com/cold-and-flu/what-is-flu#1). Accessed 20 Jun. 2018.