

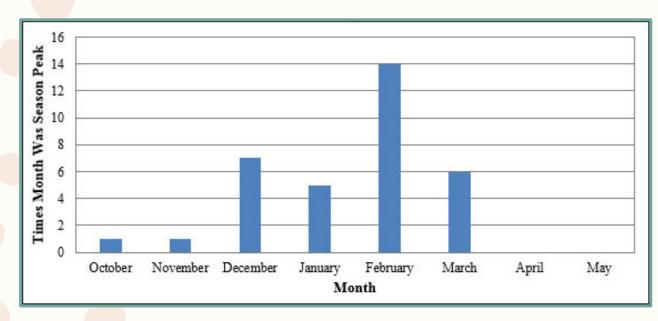
## Influenza

Johnson County Health Department

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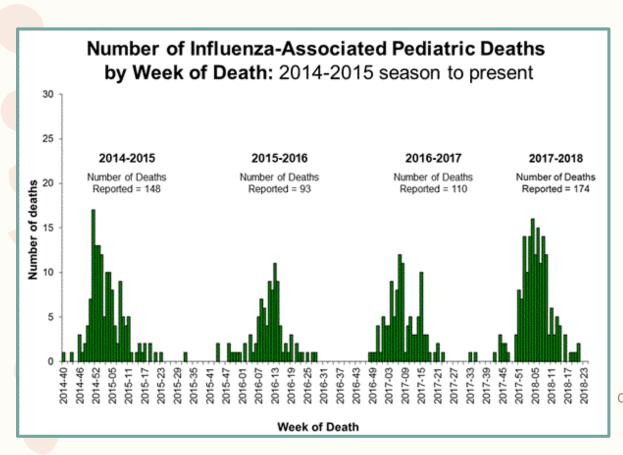
#### 2 What It Is

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



- "Flu"
- Contagious, viral infection
- Spread October throughMay in US
- Many different strains
- Types A and B

### 3 Statistics

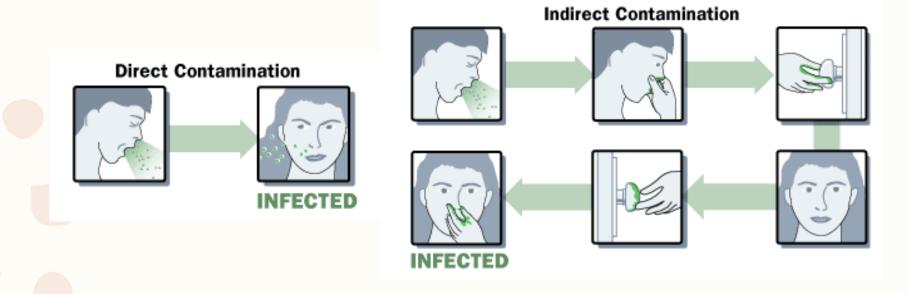


#### United States annually:

- 5-20% US population affected
- More than 200,000 hospitalizations
- Range 3,000-49,000 deaths
- About 90% flu related deaths ages65 and older

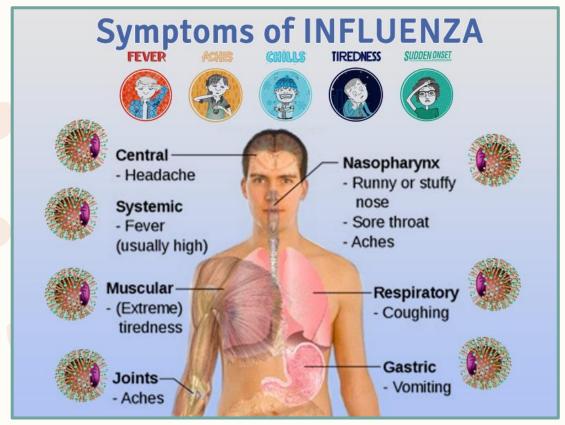
CDC. Influenza (Flu): Weekly U.S. Influenza Surveillance Report, 22 Jun. 2018. https://www.cdc.gov/flu/weekly/index.htm#ILIMap

# 4 How It Is Spread



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

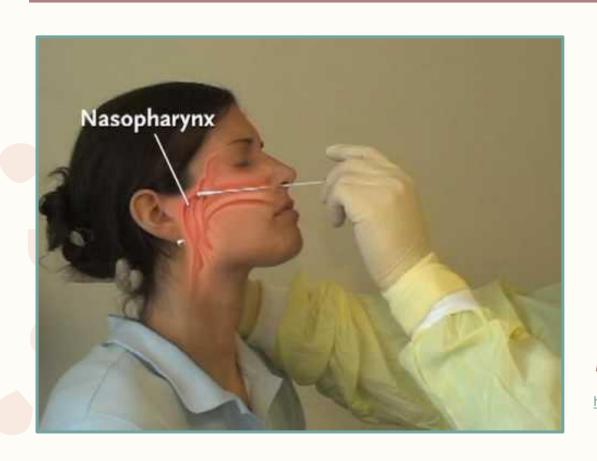
## 5 Symptoms



- 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

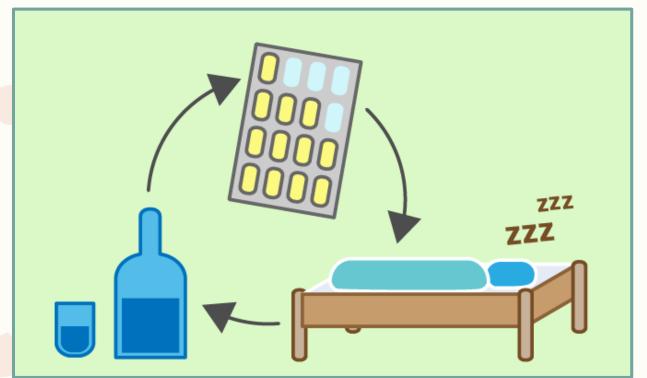


- Physical exam
- Lab tests

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

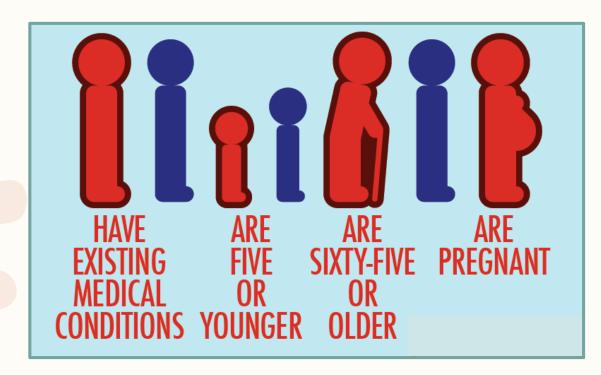
## 7 Treatment



UNICEF. What You Need to Know About the Zika Virus, 12 Feb. 2016.

<a href="https://blogs.unicef.org/blog/what-you-need-to-know-about-the-zika-virus/">https://blogs.unicef.org/blog/what-you-need-to-know-about-the-zika-virus/</a>

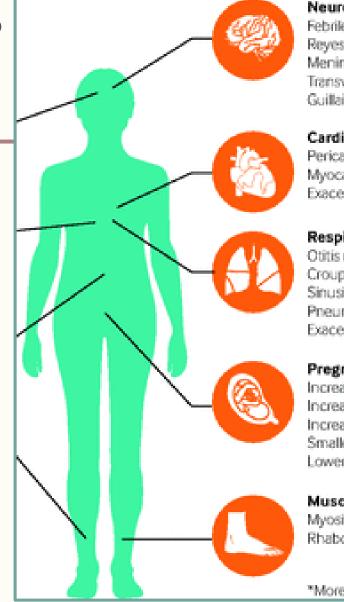
### 8 High Risk For Complications



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

### Complications

- Hospitalization
- Death



#### Neurological

Febrile convulsions\* Reyes syndrome\* Meningitis/encephalitis Transverse myelitis Guillain-Barré syndrome

#### Cardiac

Pericarditis Myocarditis Exacerbation of cardiovascular disease

#### Respiratory

Otitis media\* Croup\* Sinusitis/bronchitis/pharyngitis Pneumonia (viral, or secondary bacterial) Exacerbation of chronic lung disease

#### Pregnancy

Increased maternal complications Increased infant perinatal mortality Increased risk of prematurity Smaller neonatal size Lower birth weight

#### Musculoskeletal

Myositis. Rhabdomyolysis

\*More common in children

BMJ. Influenza, 7 Dec. 2016. https://www.bmj.com/content/355/bmj.i6258

### 10 When To See A Doctor

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

On-going or worsening fatigue or irritability that cannot be consoled Confusion or headache that will not go away Persistent cough or vomiting Neck stiffness or dehydration Chest or stomach pain; labored breathing Back pain or weak lower legs or feet Severe muscle pain and/or red urine

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-gonzabaurgent-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. <a href="https://www.webmd.com/cold-and-flu/what-is-flu#1">https://www.webmd.com/cold-and-flu/what-is-flu#1</a>. Accessed 20 Jun. 2018.