



Public Health Mōno-Gram



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THE FLU - IT'S HERE!

Since October, we have been watching daily for signs that influenza is on the way to the Eastern Sierra. Well, in the last 4 days, virtually all indicators point to the fact that the flu season has arrived in California, and will be increasing for at least the next 2-4 weeks.

What symptoms will I have if I catch the flu?

Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

What steps that can be taken to prevent the flu?

There are good health habits that can help prevent the flu. These are:

- **Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.**
- **Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.**
- **Cover your mouth and nose with a tissue or your elbow when coughing or sneezing. It may prevent those around you from getting sick.**
- **Washing your hands often will help protect you from germs. If soap and water is not available, use a water-free alcohol based hand sanitizer.**



- **Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.**

What should I do if I get the flu?

- **If you do get the flu, antiviral drugs are an important treatment option, especially for people at high risk of complications.**
- **Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.**
- **Antiviral drugs can make your illness milder and make you feel better 1-2 days sooner than you normally would.**
- **For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).**
- **They are far from perfect – there are side effects, they may or may not work due to resistance, and they can be expensive.**
- **Everyone should drink lots of fluids, and cautiously treat symptoms such as fever with over the counter medications.**
- **If after 3-5 days you are getting worse rather than better, if you cannot stay hydrated, or are otherwise concerned, contact your regular healthcare provider.**

