

It's Flu Season Again...



This year there has been much talk about the H1N1 flu, this is a new and very different flu virus that may cause an increased number of individuals to catch the flu and for individuals to become more seriously ill. In addition the fall and winter also bring on an increased incidence of the influenza virus. These are two different viruses and individuals with diabetes have an increased risk of catching these viruses and becoming seriously ill.

Individuals with diabetes are three times more likely to die from influenza or pneumonia and six times more likely to be hospitalized. For this reason it is especially important for individuals with diabetes to avoid getting the flu. This year it will be necessary to receive two flu vaccines – H1N1 and influenza. Please contact your health care provider to see the availability and coverage of both vaccines. We also are providing some helpful do's and don'ts to help you avoid contracting either flu and what you should do to minimize your risk of complications.

It is important to understand that individuals may be able to infect others 1 day before symptoms occur and up to 7 days after becoming ill. Therefore it is necessary to practice good health habits and limit your exposure to others when you are ill.

Flu vaccines do not contain live virus and therefore cannot infect you. Some individuals develop a cold at the same time as receiving the flu shot — coincidentally. If you do get the flu after receiving your flu shot your chances of developing complications are reduced due to the vaccine.

Stay healthy – Get both flu shots – Influenza and H1N1.*

***For additional information about the flu and H1N1 vaccine availability please visit the Center for Disease Control's website for up to date information:**

www.flu.gov



5151 Wisconsin Ave. NW, Suite 420,
Washington, DC 20016

Diabetes Helpline for non-urgent medical questions: 1-800-941-4635

www.diabeteswellness.net

STOP THE SPREAD OF GERMS!

Do's & Don'ts to know this Flu Season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. When washing your hands rub them vigorously with soap and water for 15-20 seconds. Alcohol-based hand cleaners are also effective.
- If you share a phone or keyboard with others, clean between uses.
- Keep spray hand sanitizer at your desk.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Do not share cups and glasses with co-workers or family members.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies.
- Stay home from work or school if you get sick.
- If you have a fever, stay home for at least 24 hrs after that fever has ended.
- If it is necessary to seek medical care, wear a facemask if available.
- Discuss with your healthcare provider about sick day rules so you are prepared if you do become ill.
- Aspirin or aspirin-containing products (e.g., bismuth subsalicylate – Pepto Bismol) should not be administered to any confirmed or suspected ill case of novel influenza A (H1N1) virus infection aged 18 years old and younger due to the risk of Reye's syndrome. For relief of fever, other anti-pyretic medications are recommended such as acetaminophen or non steroidal anti-inflammatory drugs.
- If you are sick and sharing a common space with other household members in your home, wear a facemask to help prevent spreading the virus to others.
- If you are caring for someone in your family with the flu here is a resource that may be helpful. http://www.cdc.gov/h1n1flu/guidance_homecare.htm
- Post any of the free posters available on this website at your workplace: <http://www.cdc.gov/germstopper/materials.htm>



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