

Stay Healthy!

Taking care of yourself can help you handle the physical and emotional impact of the flu.

Eat right. A healthy diet includes:

- **Variety** – Different foods provide different vitamins, minerals and nutrients.
- **Moderation** – Limit fats, cholesterol, sodium and added sugars.* Make lean, low-fat or nonfat choices (for example, with milk and meats). Reading food labels can help.
- **Proportion** – For example, have more grains, vegetables and fruits than meats and high-fat foods.

**NOTE: Do not restrict fat for children under 2 or give cow's milk to those under age 1. Ask your healthcare provider about other nutritional needs for young children. Visit www.MyPyramid.gov or ask your healthcare provider for a personal nutrition plan.*

Get enough physical activity. The key is to find a healthy balance between the calories you eat and those you burn.

- Get at least 30 minutes of moderate physical activity on most days of the week.
- Get 60 minutes or more of moderate to vigorous physical activity to help manage your weight.
- Children should get at least 60 minutes of physical activity on most (preferably all) days of the week.

Manage stress. Thinking about pandemic influenza – or living through one – can be distressing. Take time to deal with any anxiety or fear you may feel.

- Try exercise – physical activity can help relieve tension.
- Be sure to get enough rest.
- Talk to friends or relatives. Offer each other support.
- Consider seeking help from a mental health professional or spiritual leader.

You can help protect yourself, and others, from pandemic and seasonal flu!

Be aware

of the risk of a flu pandemic and how the flu virus may spread.

Take steps

to get ready for a pandemic and make backup plans.

Practice healthy habits

and teach them to children. Everyone can help keep germs from spreading.

Stay informed

about the current status of pandemic and seasonal flu.



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Seasonal vs. Pandemic Influenza (Flu)



cdhd.idaho.gov

What causes the flu?

Influenza (flu) is caused by common viruses found in many animals. The influenza virus infects humans and causes mild to severe illness, and can sometimes lead to death in infants and people who are very old or have chronic health problems.

Influenza viruses are easily spread from person to person in tiny droplets. These droplets are spread when a person with influenza speaks, coughs, and/or sneezes and sends the flu virus into the air.



The virus can enter the nose, throat and lungs of a person and begin to multiply. People can also become infected by touching a contaminated surface, then touching their nose or mouth.

Seasonal vs. Pandemic Flu

Seasonal flu virus strains change from year to year and occur annually in the fall and winter and can be mild to severe.

An annual flu vaccination is available to help prevent or reduce the symptoms of seasonal as well as pandemic influenza.



Pandemic flu can occur when a new or “novel” influenza virus strain starts spreading easily and quickly around the world. Because people will have little immunity to this new and emerging influenza, experts predict that a pandemic flu may cause severe illness and many deaths.

In the last century, influenza pandemics have occurred in 1918, 1957 and 1968. Past pandemics have killed between 35,000 to 675,000 people in the United States. No one can predict when the next pandemic will occur.

Signs & Symptoms



People with influenza can begin spreading the virus one day before, and up to five or more days after symptoms develop.

Uncomplicated Influenza symptoms typically last 2-7 days, early symptoms include: high-grade fever ($\geq 100.04^{\circ}$ F) and

- headache
- dry cough
- chills
- sore throat
- general discomfort
- muscle aches
- & loss of appetite
- fatigue

Some people may develop more severe symptoms such as productive cough, chest pain, wheeze; symptoms can last several weeks and can lead to respiratory failure.

Prevention

Personal preparedness is important because public health measures will not be effective in stopping a pandemic influenza.

Remember to:

Get an annual flu vaccine

It may provide some immunity or protection against “emerging” flu strains.

Wash your hands regularly

Especially before you eat, touch your face, and after using the bathroom.

Stay home if you’re sick

Avoid sick people whenever possible.

Cover your cough and sneeze

Use tissue when possible, dispose, and wash hands.

Avoid sharing personal items

such as eating utensils, drinking glasses, towels or other personal items.

Talk to your health care provider

about any individual health concerns.

There is a lot you can do to be prepared for a flu pandemic! Check these additional resources:

www.pandemicflu.gov
www.handyhygiene.org/
www.ready.gov