

Keeping South Portland Healthy

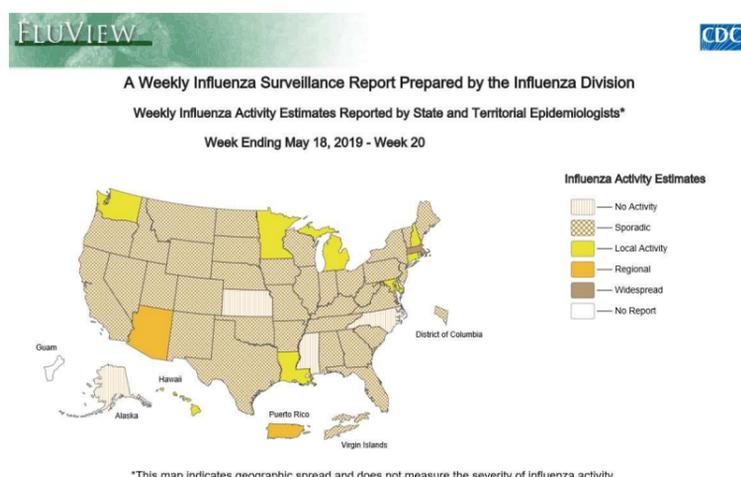
South Portland Health Office 799-3314 Ext 7376

October 2019

Information Obtained From:
<https://www.cdc.gov/flu/index.htm>

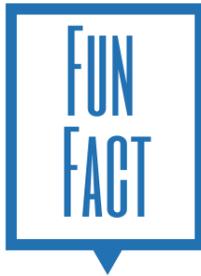


Well folks the flu has arrived. Flu season typically begins in October and extends through March, with the peak month being February. We are committed to keeping you healthy and we have been tracking the Center for Disease and Controls surveillance map and have found our lovely state is beginning to have some cases appear.



Prevention Tips

- Avoid sick people
- If sick avoid contact with others
- If you have a flu-like illness stay home
- Cover when coughing or sneezing and throw tissue away immediately
- Wash your hands often or use an alcohol based sanitizer
- Avoid touching eyes, mouth, and nose
- Clean surfaces that may have come in contact with germs
- Get a flu shot yearly



A sneeze can travel 200 feet at 100 mph. WOW!!



the burden of flu disease 2017 - 2018

<p>The estimated number of flu illnesses during the 2017-2018 season:</p> <p>49 million</p> <p>More than the combined populations of Texas and Florida</p>	<p>The estimated number of flu hospitalizations during the 2017-2018 season:</p> <p>960,000</p> <p>More than the number of staffed hospital beds in the U.S.</p>	<p>The estimated number of flu deaths during the 2017-2018 season:</p> <p>79,000</p> <p>More than the average number of people who attend the Super Bowl each year</p>
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DATA: Influenza Division program impact report 2017-2018, <https://www.cdc.gov/flu/about/burden/index.html>

get vaccinated
www.cdc.gov/flu



The Unexpected Costs

Have you ever considered that you could expose your children to the flu. Children younger than 5 are at risk for the most serious complication. The CDC estimated that caregivers of children with the flu will spend about \$300-\$4,000 in medical expenses. The CDC also estimates that the caregiver will lose 73 hours of work time. For those of you without kids, adults 18-64 account for almost 60% of flu hospitalizations. This costs an estimated \$10.4 billion a year in direct medical expenses and an additional \$16.3 billion in lost earnings annually. (CDC, 2017)

Frequently

Asked Questions

Questions:

- Why should I get a flu shot every year?
- Is the flu contagious?
- How do vaccines work?

Answers:

- Your immunity to the vaccine declines with time and the virus changes every year.
- Yes, you can infect someone 1 day before you have symptoms and up to 5-7 days after becoming sick.
- Flu vaccines cause antibodies to develop in the body; they provide protection against infection with the viruses that are in the vaccine.



South Portland Flu Clinic

November 7th 3PM-6PM South Portland Community Center

Partnered with Northern Light Health, South Portland Police and Fire Departments

Unused Medication Collection, Blood Pressure Checks, Education, Flu Shots