



Promoting Health For Student Success

It's February should I still be worried about the Flu?



According to the CDC “flu season peaks between December-February but can last until May”.¹

The flu is a respiratory illness caused by influenza. The flu is very different from a common cold.²

- Symptoms come on suddenly
- You may experience; fever, fatigue, sore throat, cough, headache, body aches and even vomiting and diarrhea.

*** Not everyone with the flu has a FEVER**³

Flu Facts & Myths

<http://bit.ly/2DjHyw4>

¹ CDC Centers for Disease Control and Prevention. “Key Facts About Influenza (Flu).” <https://www.cdc.gov/flu/keyfacts.htm> (accessed February 7, 2019).

² *ibid.*

³ *ibid.*

Flu in Delaware 2018-2019

1,268 laboratory-confirmed cases of influenza in Delaware. This number reflects only the number of lab-confirmed cases; the actual number of cases circulating statewide is likely much higher.

- 224 hospitalizations
- 8 total deaths⁴

How is Flu Spread

The flu virus is spread by tiny droplets when people who are infected cough, sneeze or talk.

People are most contagious in the first 3-4 days after symptoms begin.⁵

Tips to Prevent Flu

1. Get your flu shot!! It is not too late. This is the most important prevention method.
2. Wash hands frequently with soap and water or use alcohol based hand sanitizers.
3. Stay home if you are sick until you are free of fever for 24 hours – with a temperature of less than 100 degrees F (37.8 degrees C), without the use of fever-reducing medications for at least 24 hours.
4. Cover coughs & sneezes with a tissue and discard right away. If no tissue available use your elbow!⁶

⁴ Delaware.gov “DPH Announces Three Additional Flu Related Deaths.” <https://news.delaware.gov/2019/01/31/dph-announces-three-additional-flu-related-deaths/> (accessed February 7,2019).

⁵ *ibid.*

⁶ *ibid.*

