

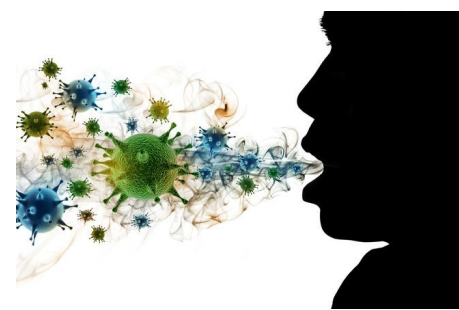


THE NEWSLETTER OF YOUR EMPLOYEE ASSISTANCE PROGRAM

Pandemic Flu Information

What is a Pandemic Flu?

- Pandemic flu happens when a new flu virus spreads to people all over the world.
- Pandemic flu is not the same as seasonal flu (see Seasonal Flu vs. Pandemic Flu).
- Getting a flu shot or nasal spray is the best way to protect yourself from seasonal flu.
- Pandemic flu might make people sicker than seasonal flu and might spread easily to others because there would be no vaccine at first.



How Pandemic Flu Spreads

- Pandemic flu may spread the same way as seasonal flu, but we will not know until it happens.
- When a person with pandemic flu sneezes, coughs, talks or laughs the pandemic flu virus can spread into the air as droplets.
- The droplets can spread to people and surfaces up to 6 feet away.
- The pandemic flu virus can spread to your hands if you touch anything that has the virus on it. If you then touch your eyes, nose or mouth, you might get pandemic flu.

Symptoms of Pandemic Flu

- Until a new flu virus causes a pandemic, the symptoms are not known.
- We expect pandemic flu symptoms to be similar to seasonal flu, but they may be worse and new symptoms could occur.
- Usual symptoms of seasonal flu are: Fever (usually high) Headache Tiredness (can be extreme) Cough Sore throat Runny or stuffy nose Body aches Nausea and vomiting Diarrhea (more in children)

Know the FLU

- F** FEVER
- A** ACHES
- C** CHILLS
- T** TIREDNESS
- S** SUDDEN ONSET



Flu Prevention Tips

- Wash hands periodically throughout the day
- Eat healthy
- Cover your nose and mouth when you cough
- Avoid touching mouth and eyes
- Exercise to boost immune systems
- Smiling and positive relationships boost your immune system
- Stay home when you are sick