



Pan Flu. Be Ready.

Facts for Parents about the Flu

Pan Flu? Seasonal Flu? Many may wonder what the difference is between Pan Flu and Seasonal Flu. Seasonal influenza, commonly called “the flu”, is caused by influenza viruses, which infect the respiratory tract (i.e. the nose, throat, and lungs). A pandemic is a global disease outbreak. An influenza pandemic occurs when new influenza A virus emerges for which there is little or no immunity in the human population.

Both seasonal and pandemic flu’s may cause fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, or fatigue. Symptoms may be more severe in pandemic flu and can lead to serious or even life threatening complications. Pandemic flu may be more likely to affect young healthy adults. School closures could be expected as well.

So what can you do to protect yourself and your children? **Get vaccinated.** Vaccination is the best line of defense against the flu virus. Flu shots are available for persons age six months and older. Nasal mist is also available for healthy persons (who are not pregnant) age 2-49 years. You should get flu vaccine every year.

Other prevention methods include **covering your cough** or sneeze by using a tissue or sneezing into your elbow; **washing your hands** especially after you have touched public doors, shopping carts, computers, etc.; and **staying home when you are sick**. Children should not be sent back to school until they are fever free (without fever reducing medication) for 24 hours.

Remember the 3 C’s



COVER YOUR COUGH

Use a tissue or your elbow

CLEAN YOUR HANDS

Use soap and water or hand sanitizer

CONTAIN YOUR GERMS

Stay home when you are sick



For more information on the flu and prevention call
Mercer County Health Department at 582-3759