

October's Topic: Influenza



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

What is "The Flu"?

- ❖ Influenza, often shortened to "the flu", is a contagious virus causing a mild to severe respiratory illness.
- ❖ The flu attacks the body by spreading throughout the upper and lower respiratory tracts.
- ❖ In the United States, Influenza season begins in October and continues through May.
- ❖ The Influenza virus is spread when infected persons cough or sneeze, which can expel virus-infected drops several feet.
- ❖ The virus is able to live on any object that comes into contact with the infected person. The virus may live on objects, such as telephones, towels, and door handles, for several days.
- ❖ The virus can be spread to another individual when the virus comes into contact with the nose, mouth, or eyes.
- ❖ Most people who have influenza will recover in a few days to two weeks. However, some people may develop pneumonia. This can lead to hospitalization and even result in death.
- ❖ People at greatest risk for infection and complications include:
 - Adults 65 years of age and older
 - Children 5 years of age and younger
 - Pregnant Women
 - Patients with asthma, COPD, heart disease, diabetes mellitus, kidney disease, liver disease, HIV/AIDS, or cancer

Symptoms of Influenza

- ❖ Fever of 100°F or higher or feeling feverish
 - Not all people with influenza will develop a fever
- ❖ Cough and/or sore throat
- ❖ Runny or stuffy nose
- ❖ Headaches and/or body aches
- ❖ Chills
- ❖ Fatigue
- ❖ Nausea, vomiting, and diarrhea
 - Stomach problems are more common in children

How to Avoid Getting Influenza

- Avoid close contact with people who have the flu.
- Wash your hands often with soap and water or use hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Practice good health habits such as using disinfectants at work and home on commonly used items.
- Get plenty of sleep and stay hydrated.

Treatment Options

Non-Medication Therapy

- ❖ Bed rest
- ❖ Drink plenty of fluids to avoid dehydration
- ❖ Use a humidifier to allow for easier breathing
- ❖ Use cool compresses or cloths to help with fever

Medications for Symptom Control and Treatment

- ❖ Over-the-counter pain relievers, such as Tylenol or Advil, may be used to treat fever, sore throat, and body aches.
- ❖ Decongestants can be used to relieve nasal and sinus congestion.
- ❖ Cough suppressants and cough drops may be used for coughing.
- ❖ Antiviral medications, such as Tamiflu, can be used to treat the influenza virus itself. These medications help to shorten the duration and lessen the severity of the illness. These medications are most effective if used early in the course of the illness, so seek medical attention as soon as flu-like signs and symptoms occur.

Get The Shot

NOT THE FLU

Proper Hand Washing Technique



Flu Shot Facts

- ❖ Getting a flu shot is the single best way to prevent getting the flu.
- ❖ The flu shot cannot cause the flu because it is an inactivated vaccine.
- ❖ It takes approximately two weeks after getting the flu vaccine to build full immunity against the influenza virus.

References

- ❖ Seasonal Influenza. Centers for Disease Control and Prevention. [updated 11 Jan 2013, cited 20 Sept 2013]. Atlanta, GA. Centers for Disease Control and Prevention. Available from <http://www.cdc.gov/flu/protect/habits.htm>.
- ❖ Seasonal Flu. Flu.gov [cited 25 Sept 2013]. Washington DC: US Department of Health and Human Services. Flu.gov. Available from: <http://www.flu.gov/>
- ❖ Handwashing: Clean Hands Saves Lives. Centers for Disease Control and Prevention. [updated 11 Jan 2013, cited 20 Sept 2013]. Atlanta, GA. Centers for Disease Control and Prevention. Available from <http://www.cdc.gov/handwashing/>.
- ❖ Global Handwashing Day. Centers for Disease Control and Prevention. [updated 9 Oct 2013, updated 20 Sept 2013]. Atlanta, GA. Centers for Disease Control and Prevention. Available from <http://www.cdc.gov/features/globalhandwashing/index.html>.
- ❖ Proper Hand Washing. East Carolina University. [updated 14 Oct 2009, cited 20 Sept 2013]. Student of Health Service Division of Academic Affairs East Carolina University. Greenville, NC. Available from <http://www.ecu.edu/cs-admin/h1n1/handwashing.cfm>.
- ❖ How to Hand-Washing. Minnesota Department of Health. [updated 22 Nov 2010, cited 25 Sept 2013]. St. Paul: Minnesota Department of Health. Available from: <http://www.health.state.mn.us/handhygiene/wash/fsgermbuster.html>



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**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of November rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the worksite within Montgomery city limits, as well as to residential locations within the **36109** zip code. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management