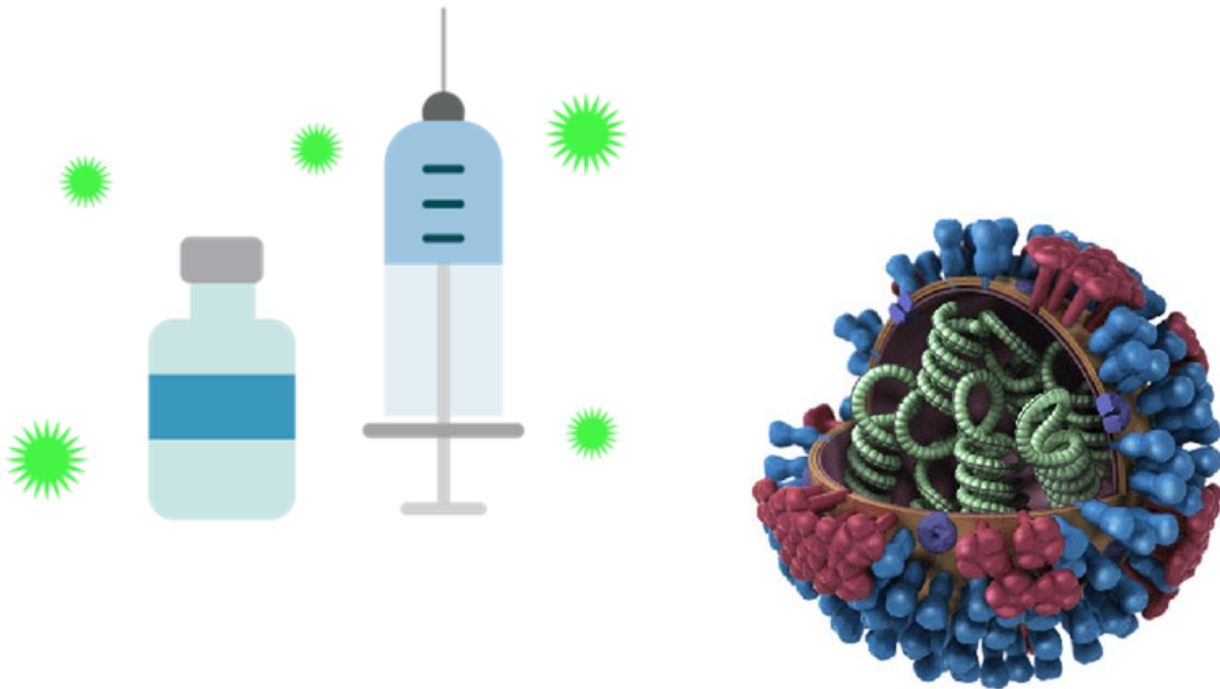


Take Care of Your Health, Protect Yourself from Flu.

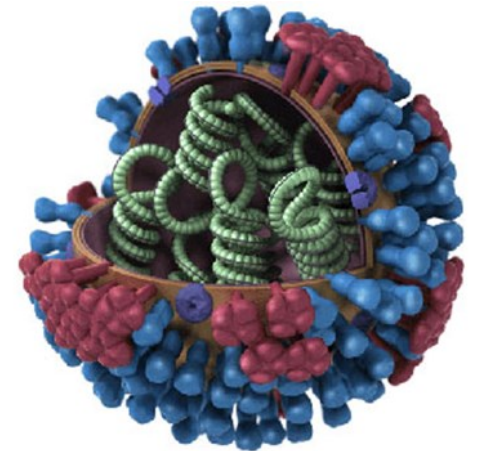


We will start shortly ...

Take Care of Your Health, Protect Yourself from Flu.



Health Prevention and Education Unit
Prepared by Licensed Health Educators



Objectives

Flu signs, symptoms, transmission, diagnosis and treatment.

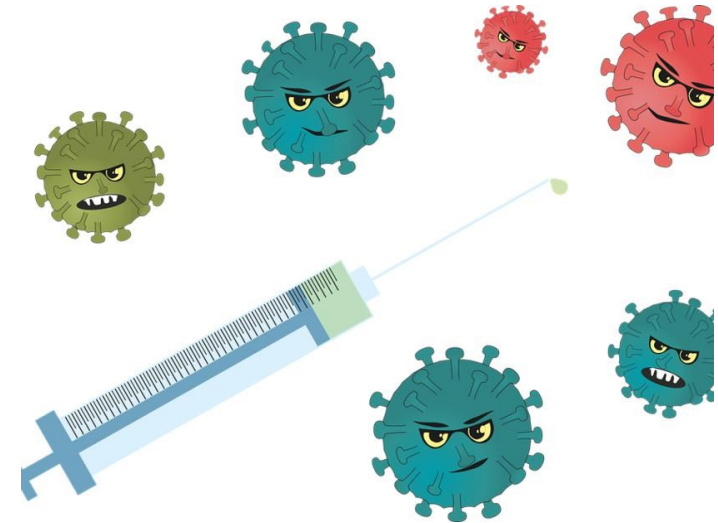
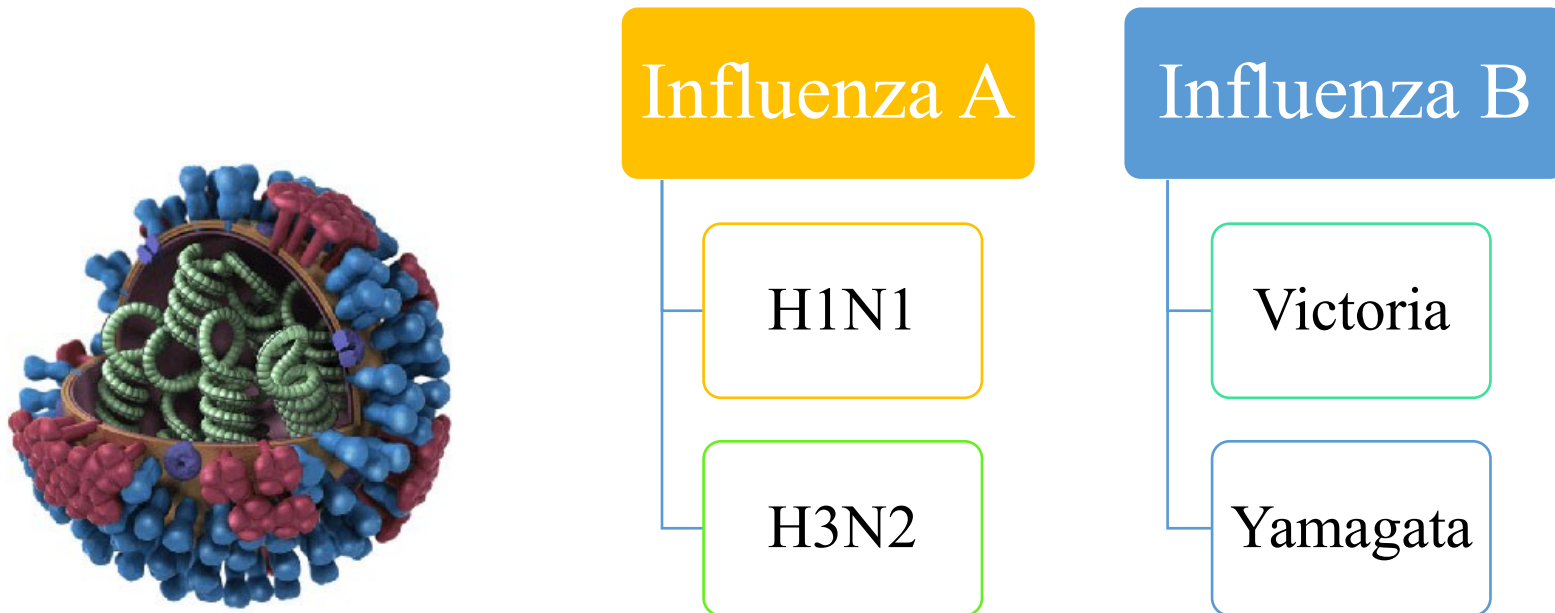
Recognize the difference between the Flu and Coronavirus.

Prevent infection control and essential strategy to reduce the spread of infection.

Flu

- It is a contagious respiratory illness that infects the nose, throat, and lungs caused by Influenza viruses.
- It can cause mild to severe illness.
- Serious results of infection can be hospitalization or even death.

Types of Flu and its subtypes:



Flu Types:



They are small changes or mutations in the genes of influenza viruses that can lead to changes in the surface proteins of the virus.

The immune system recognizes it and triggers a response that includes the production of antibodies that can stop the infection.

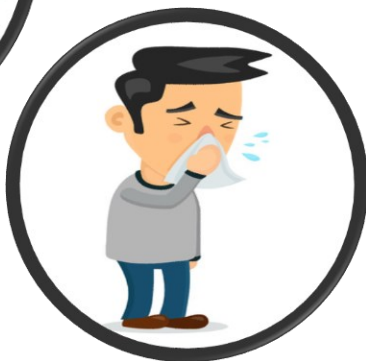
Mutations of the virus occur constantly over time as the virus reproduces.

Every year the composition of the flu vaccine is reviewed and updated to fight the latest virus.

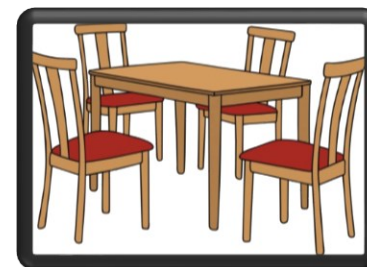
Flu Transmission



Through the droplets that go through the air and are produced when coughing, sneezing or talking.



If you touch a surface or object contaminated with the influenza virus and then touch your mouth, nose, or eyes

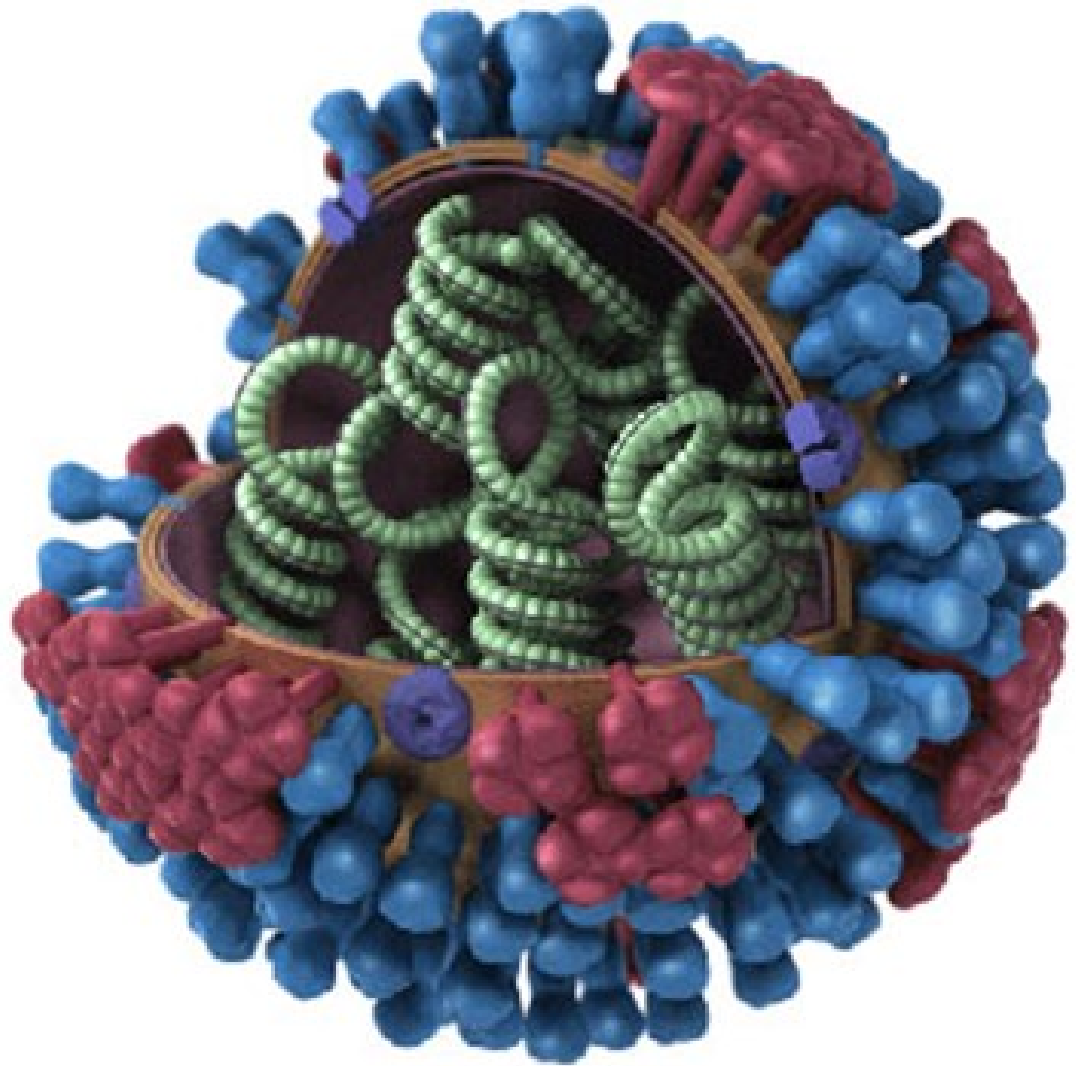


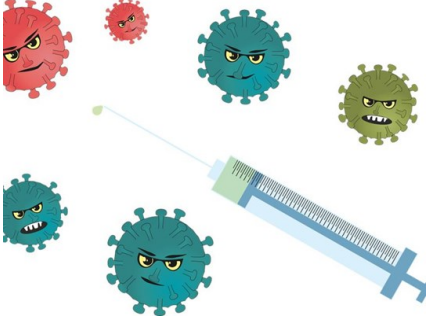
When does the Flu spread?

People with the flu are most contagious during the first three to four days after the onset of the illness.

Most healthy adults can infect others from 1 day before symptoms develop and up to 5-7 days after the onset of illness.

Children and some people with weakened immune systems can shed the virus for more than 7 days.





Who is most at risk?

Adults 65 and over

Pregnant women and kids

Traveling to places where there are infected people

Patients with conditions such as:

Asthma

Diabetes

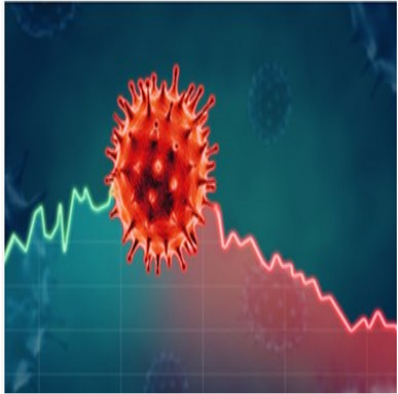
Cardiovascular diseases

HIV AIDS

Cancer

Being a caregiver for a person with the virus

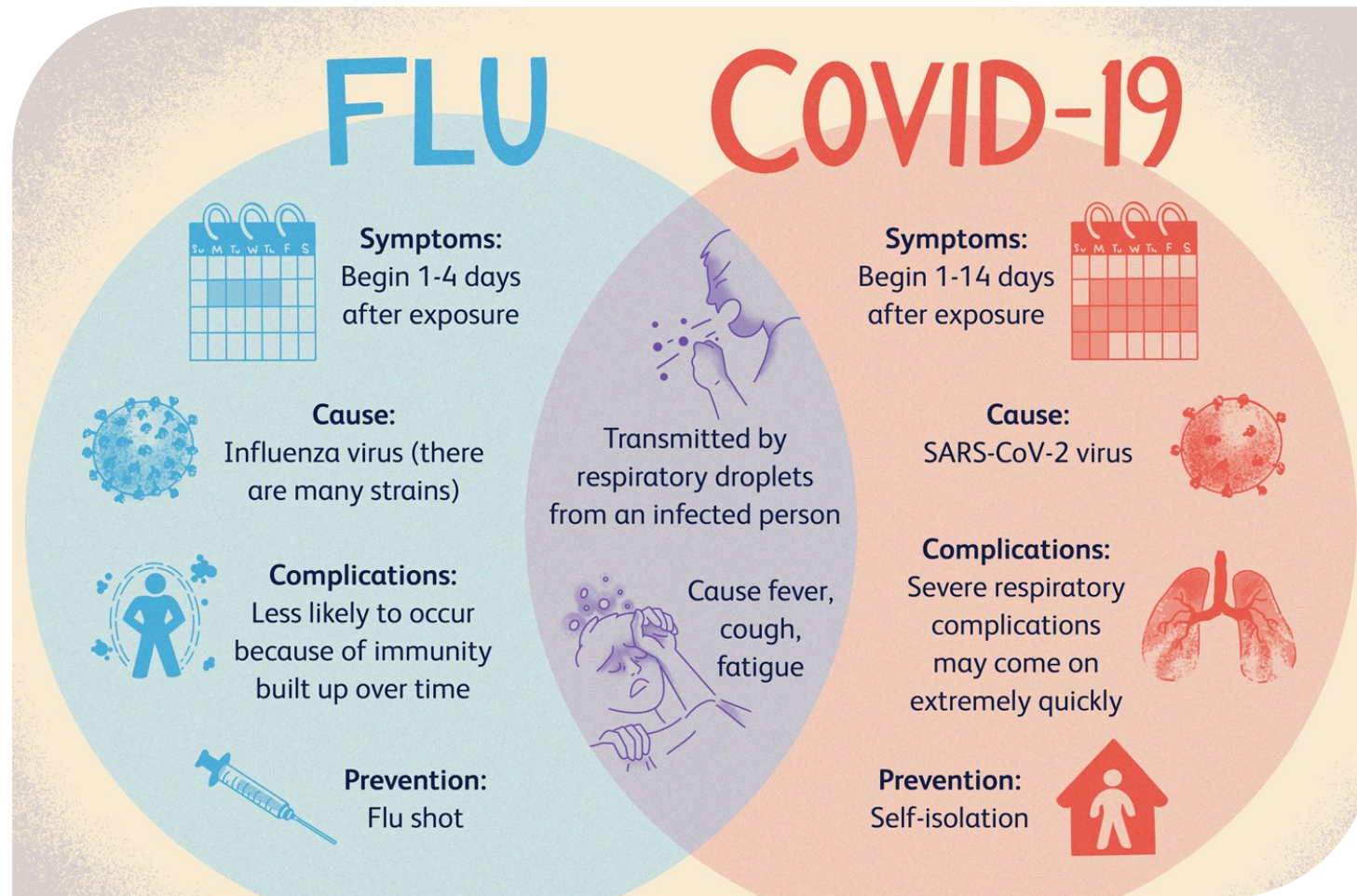
Can I have the Flu and COVID-19 at the same time?



It is possible to have influenza contagious respiratory illnesses, and COVID-19 at the same time. It can be difficult to differentiate the two based solely on symptoms. Diagnostic tests can help determine the diagnosis.

yes!

Similarities and Differences between Flu symptoms and COVID-19





Safety habits in case of been exposed to Flu

Follow your doctor's instructions.

Stay home and rest.

Avoid close contact with healthy people in your home to avoid infecting them.

Drink water and other beverages with plenty of electrolytes to avoid dehydration.

Flu Treatment

Antiviral drugs

- Can relieve symptoms and shorten the duration of the illness by 1 or 2 days.
- They can prevent serious complications like pneumonia.

Hospitalization

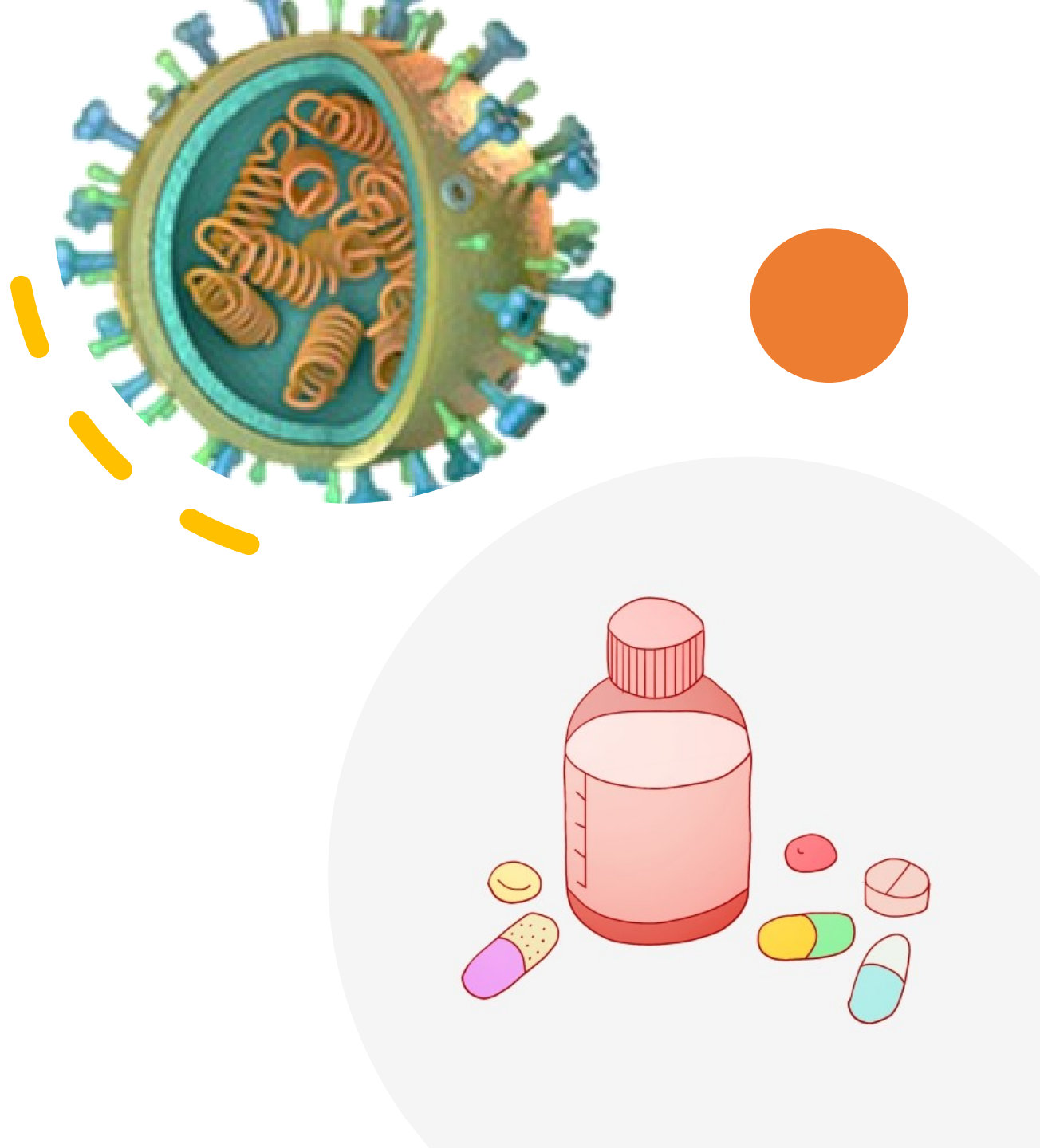
- If health complications arise.
- If the symptoms of the disease get worse.

Acetaminophen

- Reduces pain and fever.
- It is available without a prescription.

Non-steroidal anti-inflammatory drugs

- Help reduce pain and fever.
- Available with or without a prescription.

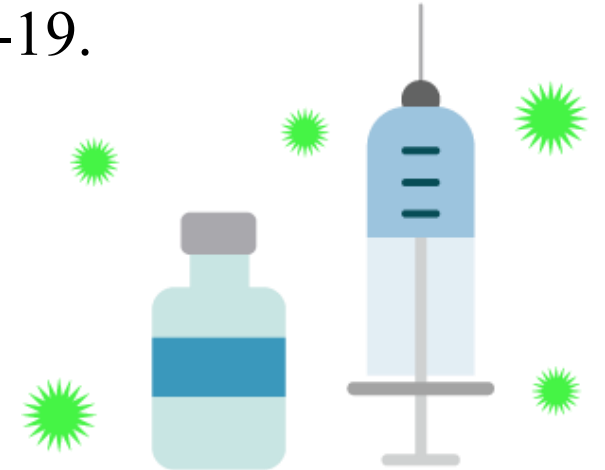


How to Prevent the Flu?

Get a yearly flu shot.

The flu vaccine does not prevent COVID-19, but it can reduce the chance of complications.

Inmunization will also help preserve scarce medical resources to care for people with COVID-19.



Flu Vaccine Restrictions



Children younger than 6 months are too young to get the flu vaccine.



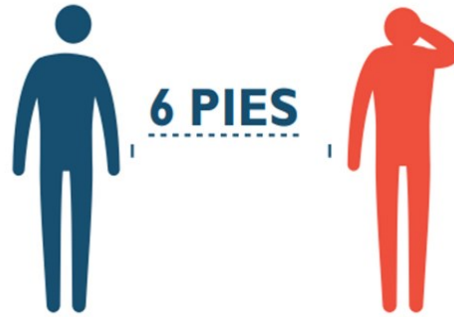
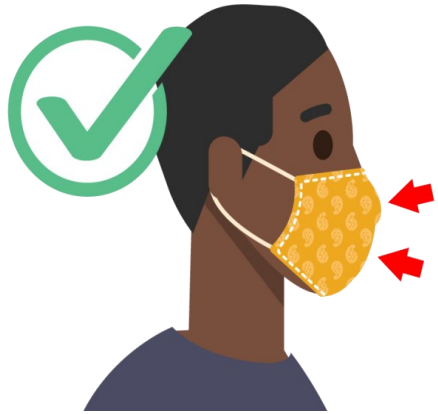
People with severe allergies to the flu vaccine or any of its life-threatening ingredients.



*** Check with your doctor for special allergy considerations.**



Hygiene measures can help to stop the spread



Use the mask whenever you are around people who do not live with you.

Avoid close contact with sick people.

Cover your mouth and nose with a tissue when you cough or sneeze and put it in the trash.



Wash your hands frequently with soap and water. Avoid touching your eyes, nose, and mouth.

Clean and disinfect surfaces and objects that may be contaminated.

Wash YOUR HANDS!



Hands
that look
clean can still
have icky
germs!



www.cdc.gov/handwashing



Influenza (Flu) Season 2021-2022

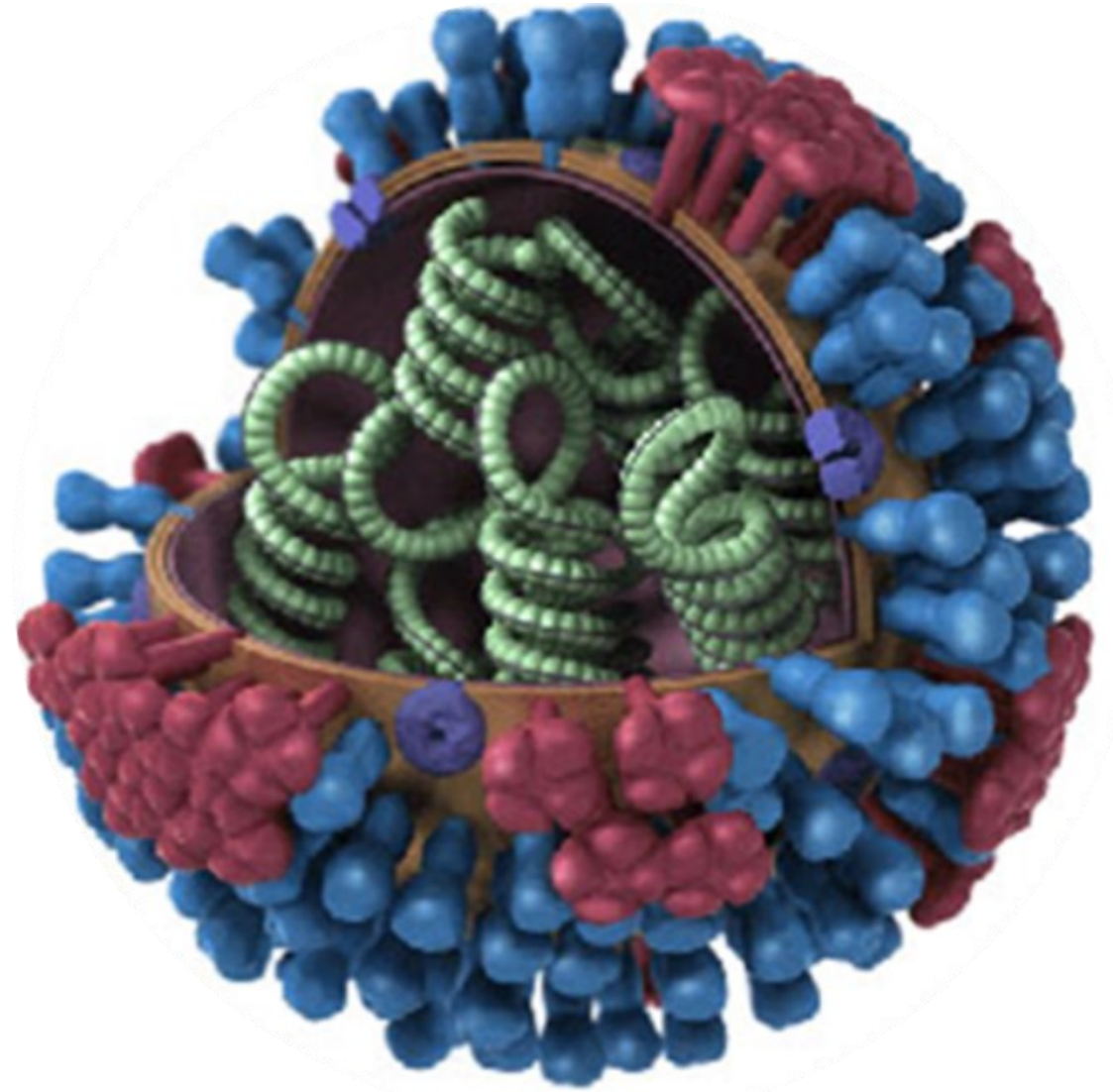
Due to the atypical timing and duration of influenza activity, infection should be considered as a potential cause of respiratory illness.

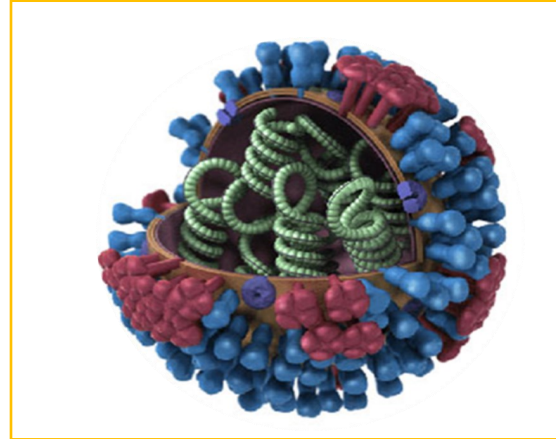
Seasonal influenza testing and monitoring for new viruses, especially avian A(H5N1) and swine viruses, should continue throughout the year.

Getting a seasonal flu shot every year starting at 6 months of age remains the best way to protect yourself against the virus and its potentially serious consequences.

There are 3 recommended flu vaccines for people 65 and older this season: Fluzone High-Dose Quadrivalent, Flublok Quadrivalent, and Fluvad Quadrivalent.

Flu vaccines and COVID-19 vaccines can be given at the same time.





Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with worries emotional and physical during and after your medical treatment, please visit your primary physician.

Available Service Lines

Medical Advice Line

24 hours a day / 7 days a week

1-844-647-7801

TTY/TDD: 1-844-347-7804


Customer Service

1-844-347-7800

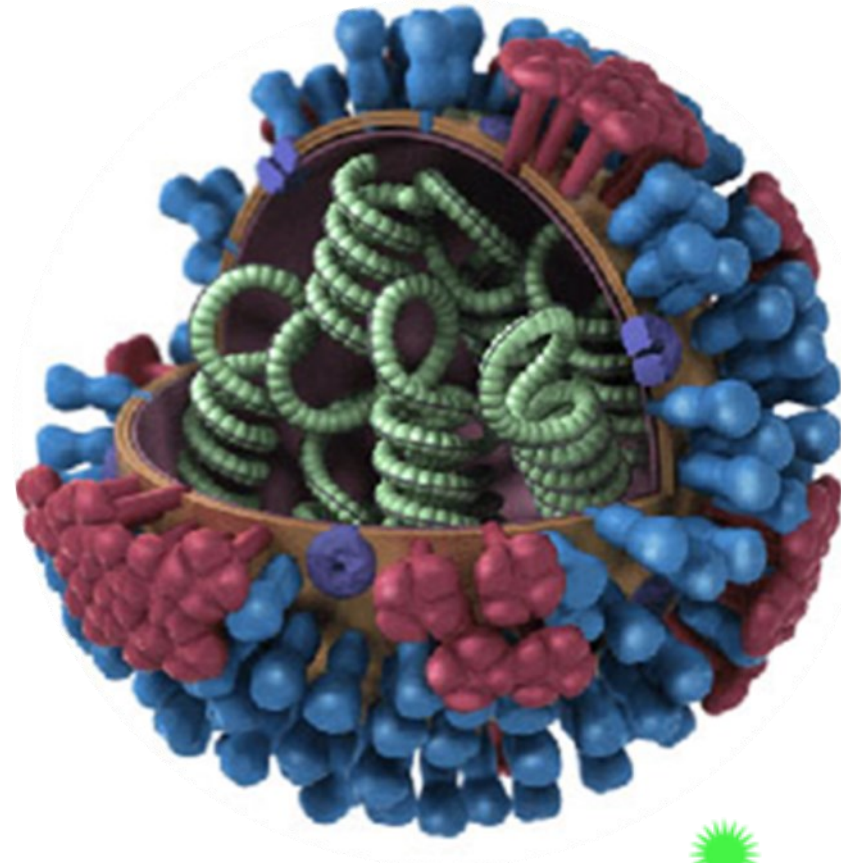
TTY/TDD: 1-844-347-7805

APS Healthcare

787-641-9133



Questions or Comments



Thank you for your participation!

**For more information:
mas@firstmedicalpr.com**



Code to access the
Event Evaluation

References

- <https://espanol.cdc.gov/flu/about/index.html>
- <https://espanol.cdc.gov/flu/season/faq-flu-season-2022-2023.htm>
- <https://www.salud.gov.pr/CMS/135>
- <https://medlineplus.gov/spanish/flu.html>
- <https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-la-gripe-influenza/>
- <https://www.paho.org/es/temas/influenza-otros-virus-respiratorios>

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