
Coronavirus Update & Flu Prevention

December 2020

What is the FLU?

- Influenza (flu) is a contagious respiratory illness caused by Influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization and death.
- Flu is different from a cold.
- Flu normally comes on suddenly

Flu Symptoms

- Fever *
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

* Not everyone with flu will have a fever

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu viruses on it and then touching their own mouth, nose, or possibly their eyes.

Period of Contagiousness

- You may be able to pass on flu to someone else before you know you are sick, as well as while you are sick.
- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 7 days after becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

People at High Risk

- Children younger than 5, but especially children younger than 2 years old.
- Adults 65 years of age and older
- Pregnant women (and women up to two weeks postpartum).
- Residents of nursing homes and other long-term care facilities.
- Also, American Indians and Alaska Natives seem to be at higher risk of flu complications.
- Also people having the medical conditions on the next slide.

Medical Conditions Putting You At Risk

- Asthma
- Neurological and neurodevelopmental conditions
- Chronic lung disease
- Heart disease
- Blood disorders
- Endocrine disorders
- Kidney disorders
- Liver disorders
- Weakened immune system due to disease or medication

Centers for Disease Control and Prevention Recommendations

- Take time to get a flu vaccine.
 - CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
 - While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.
 - Flu vaccination can reduce flu illnesses, doctor's visits, and missed work and school due to flu, as well as prevent flu related hospitalizations.
 - Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

Centers for Disease Control and Prevention Recommendations Cont.

- Take everyday preventative actions to stop the spread of germs.
 - Try to avoid close contact with sick people.
 - While sick, limit contact with others as much as possible to keep from infecting them.
 - If you are sick with flu symptoms the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water. If soap and water are not available use alcohol based hand sanitizer.
 - Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

- Take flu antiviral drugs if your doctor prescribes them.
 - If you get the flu, antiviral drugs can be used to treat your illness.
 - Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu symptoms.
 - Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick.

Centers for Disease Control and Prevention Recommendations Cont.

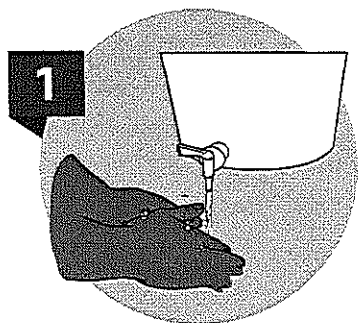
MOST IMPORTANTLY

The #1 way to prevent any infection or illness is
GOOD and FREQUENT HANDWASHING!

HANDWASHING

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/handwashing.html>

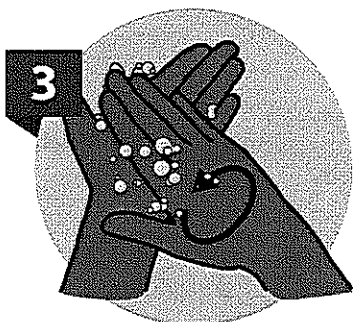
Wash hands with soap and water for at least 20 seconds. Use the cleanest water possible, for example from an improved source.* Use an alcohol-based hand rub that contains 60% alcohol if soap and water are not available.



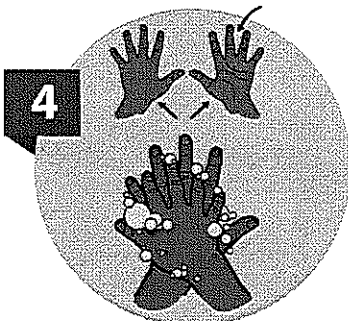
Wet hands with water.



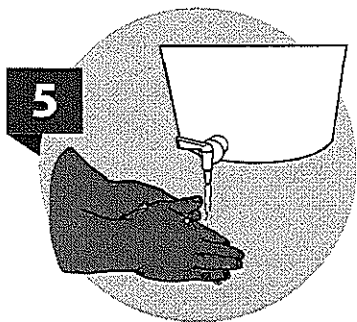
Apply enough soap to cover all hand surfaces.



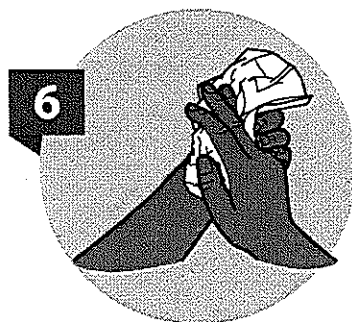
Rub hands together and scrub everywhere.



Wash the front and back of your hands, in between your fingers, and under your nails.



Rinse hands with water.



Dry hands completely using a single-use towel or air dry.

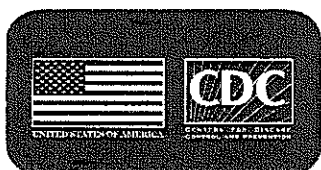
WHEN TO WASH HANDS TO PREVENT COVID-19:

- **After** blowing your nose, coughing, or sneezing
- **After** being in a public place
- **Before and after** caring for someone who is sick

Remember to wash your hands after each of these activities to stay healthy:

- **Before, during, and after** preparing food
- **Before** eating food
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** using the toilet or latrine
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage

*Water should be from an improved or protected water source. Learn more at <https://washdata.org>.



cdc.gov/coronavirus

Flu and COVID-19 - The Key Differences

↓ FLU

Symptoms Begin:
1 to 4 days after infection.

Complications:
Can occur, but are less likely because of immunity built up over time.

Hallmark Symptoms:
Fever, cough, shortness of breath, fatigue, sore throat, runny nose, headache, and body aches.

Spread:
Both flu and COVID-19 can spread from person-to-person, between people who are in close contact with one another and mainly by air droplets.

↓ COVID-19

Symptoms Begin:
As early as 2 days after infection or as late as 14.

Complications:
COVID-19 is a new virus, so most people have no immunity. Severe respiratory complication may come on extremely quickly.

Hallmark Symptoms:
Many symptoms are similar to the flu, however those infected with COVID-19 sometimes experience loss of taste or smell.

Spread:
COVID-19 is more contagious among certain people and age groups than flu. Also, the virus can spread more quickly and easily than the flu, resulting in continuous spread, also called superspread.



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GOVERNOR OF OHIO

Ohio

Department
of Health

coronavirus.ohio.gov

COVID-19 Checklist for Helping the Isolated or Quarantined Things You Can Do to Help Someone Who Is Isolated or Quarantined due to COVID-19

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Ohio Department of Health Director Amy Acton, M.D., MPH, suggests the following activities to help show kindness to any friends, family, or others who may be isolated or quarantined due to COVID-19:

- Call, text, or video chat with them to let them know you are there to support them. They may be scared or lonely. Seeing or hearing a friend this way can show them kindness while still practicing social distancing.
- Drop off food or drinks at their door since they may not have had a chance to prepare and might be running low on important items. Reach out to see what they need or want and try to drop it off at their door.
- Offer to do their yard work, to take their trash or recycling to the curb, or to drop their mail at their door.
- Offer to run errands to pharmacies or stores for essentials if they need anything to support themselves or household members through an extended period. Consider supplies for their four-legged companions too, like food, treats, or indoor absorbent pads if their owners are unable to take them outside without exposing others.
- Think about what you would like if you were sick or concerned about exposure to COVID-19. Would you want books, games, other comfort measures? Treat those around you like you'd want to be treated, and consider outside-the-box ways to help those in your life.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster

Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

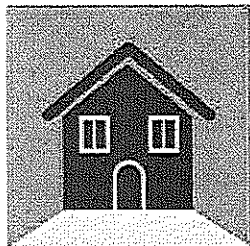
CORONAVIRUS DISEASE 2019 Ohio

Department of Health

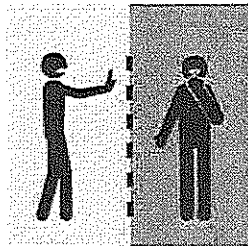
Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

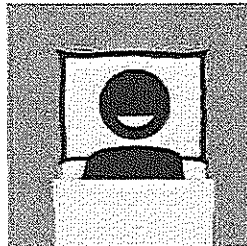
For solutions and information call 1-800-4-ASK-ODH or visit coronavirus.ohio.gov



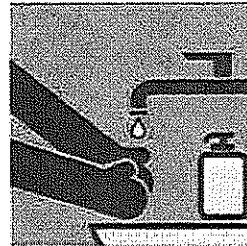
STAY HOME



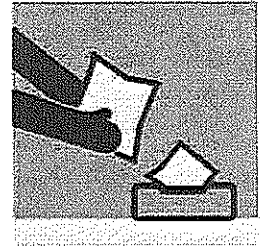
PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



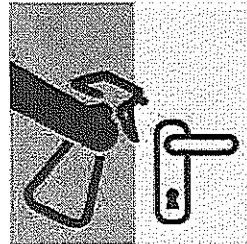
DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit coronavirus.ohio.gov

(COVID-19)

Social Distancing This or That!

SOCIAL DISTANCING



INSTEAD OF THIS...

DO THAT....

Going to the theater with friends.



Binge a new show at home and ask for recommendations from your friends!

Going out for a romantic dinner with your significant other.



Try a new recipe at home with your sweetie.

Working out at the gym.



Take a walk or run at a state park or metro park. Enjoy the great outdoors.

Throwing a big party for your family or friends.



Postpone the party and FaceTime instead.



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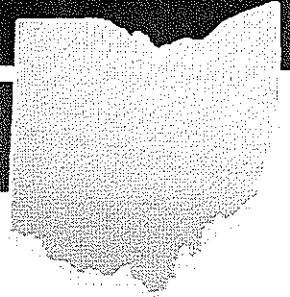
Department
of Health

For more information go to
coronavirus.ohio.gov

(COVID-19)

Social Distancing This or That!

PREPARING



INSTEAD OF THIS...

DO THAT....

Panicking and buying enough toilet paper for a year.



Don't panic. Just make sure you have enough food and medication for a possible 14 day quarantine period.

Going to the grocery store every day.



Go once a week, during non-peak times.

Going out if you're an older adult or have a pre-existing medical condition.



Ask your family, friends, or neighbors if they can get your groceries or run errands for you.

Being mean or rude to service workers, healthcare professionals, or others on the front lines of the outbreak.



Be kind! We're all in this together and kindness is more important than ever.



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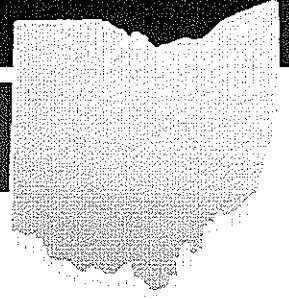
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(COVID-19)

Social Distancing This or That!

PREVENTION



INSTEAD OF THIS...

DO THAT....

Only washing your hands on occasion, or just using water.



Wash your hands regularly! Use water and soap and wash for at least 20 seconds.

Sneezing into your hands (ew!).



Sneeze into your arm or a tissue.

Checking social media or cable news 24/7.



Continue to stay informed, but also disconnect on occasion. Try reading a new book or trying meditation. Mental health is important.

Going straight to the doctor or urgent care when you're feeling under the weather.



Always call your doctor or healthcare provider **FIRST** before going in.

Believing every rumor you see online or using non-reputable sources.



Use reputable sources! Get info from verified accounts from CDC, Ohio Department of Health, Governor Mike DeWine, local health departments, and verified media accounts.



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