

2010 – 2011 Flu Season Frequently Asked Questions

What is it?	Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. There are two main types of influenza (flu) virus: Types A and B. Influenza A and B viruses are responsible for seasonal flu epidemics each year.
How is it Spread?	Spread from person to person through coughing or sneezing. People may become infected by touching their mouth or nose with infected hands. Most healthy adults may be able to infect others from one day before getting sick to 5 to 7 days after. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.
Signs and Symptoms	<ul style="list-style-type: none"> ▪ Fever greater than 100 degrees ▪ Body aches ▪ Coughing ▪ Sore throat ▪ Respiratory congestion ▪ In some cases diarrhea and vomiting
Steps to Prevent from Getting Sick	<ul style="list-style-type: none"> ▪ Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze into your sleeve. If you use a tissue, throw it in the trash after you use it. ▪ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. ▪ Try to avoid close contact with sick people. ▪ Avoid touching your eyes, nose or mouth to reduce the spread of germs.
What to do if you become sick	<ul style="list-style-type: none"> ▪ If you become ill with influenza-like symptoms, including fever, coughing, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should STAY HOME and avoid contact with other people. ▪ If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.
Flu Vaccine	<p>The 2010-2011 flu vaccine will protect against three different flu viruses: an H3N2 virus, an influenza B virus and the H1N1 virus that caused so much illness last season. Getting the flu vaccine soon after it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season. Even if you received the H1N1 vaccine during the 2009-2010 flu season, even as late as August 2010, it is still important to receive this year's flu vaccine.</p> <ol style="list-style-type: none"> 1. The "flu shot" – an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions. 2. The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy* people 2-49 years of age who are not pregnant.
When to get vaccinated	Annual flu vaccination should begin as soon as vaccine is available and continue throughout the influenza season.
Who should get vaccinated	The Centers for Disease Control (CDC) recommends everyone 6 months and older be vaccinated. Children under 6 months of age are best protected when their household members and caregivers are vaccinated against influenza.
Cost of Flu Vaccine	The Kenosha County Health Department requests a \$9.00 administration fee for the 2010-2011 flu vaccine for ages 6 months through 18 years and \$27 for adults. BadgerCare and Medicare Part B accepted.