

From your School Health Clinics of Santa Clara County

What you need to do to minimize your risk of getting Influenza

Influenza, or flu, can be a serious illness. Seasonal flu kills 20 to 40 thousand people in USA each year. However there are things we can all do to reduce the risk of catching and spreading the flu.

Parents and caregivers teach your loved ones to do the following:

Wash hands often using soap and water.

Cover the mouth and nose with tissue when coughing or sneezing.

Discard used tissues in no-touch receptacles.

If tissue is not available, cough or sneeze into your elbow.

Keep sick children home from school, until fever is gone for at least 24 hours.

Seek medical care if you are concerned or if you or your child develops complications such as

- Trouble breathing or breathing fast
- Acting disoriented
- Persistent vomiting
- Feeling sicker than for a normal flu

Adults stay home when sick and stay away from other people.

Avoid close contact with sick people.

Teach the children not to stick their fingers in their noses.

Staying healthy

Eat healthy meals. Meals should include five servings of fruits and vegetables

Get 8 hours of sleep a day. Teenagers may require 8 to 10 hours

Drink plenty of water

Stay active at least 60 minutes a day

GET THE SEASONAL FLU VACCINE AS SOON AS POSSIBLE. Seasonal flu vaccine is available now

Swine flu

Swine flu vaccine is now available at SHC Immunization Clinics.

It is critical that the following groups get vaccinated as soon as the vaccine becomes available:

- Pregnant women
- Household contacts and caregivers of infants six months and under
- Children and young adults, from 6 months old to 24 years old.

Remember, even though we hear so much about the Swine flu, *so far* Swine flu symptoms have been milder than the seasonal flu.

For more information on influenza, go the Public Health Department web site at; www.sccphd.org

MDMensah

Monica D. Mensah, MD. MS. FAAP
Medical Director
School Health Clinics of Santa Clara County
5671 Santa Teresa Boulevard Suite 105
San Jose, CA 95123
Phone: 408.284.2284
Cell: 408.332.8873
Fax: 408.281.2857
monicam@schoolhealthclinics.org

Every child deserves a medical home.