

## It's about that time again...Flu Season!

### What is the 'flu'?

Influenza, more commonly known as the **flu**, is a respiratory virus. The flu can be a mild to serious illness, and at times can lead to death. Usually the flu lasts from a couple days to less than two weeks. The best means of prevention is to get the flu shot each year. Every year in the U.S. **5%-20%** of the population **get the flu**, more than **200,000** people are **hospitalized** from complications, and **about 36,000 die** from the flu. There are some complications of the flu which can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. The best time to get vaccinated is in October or November before the flu season officially begins. Though getting vaccinated later can be beneficial. The flu season usually begins as early as October and last through May.

The **flu** usually comes on suddenly with some or all of these **symptoms**:



- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea
- Vomiting
- Diarrhea



### Spreading the FLU:

The flu is mainly spread through respiratory droplets from through sneezing or coughing. Another way of getting the flu is by touching something with flu viruses on it then touching your mouth or nose. Most people can begin to spread the flu **one day before** symptoms start. Individuals can spread the flu up to **five days after** becoming sick.

### If you get the flu. . .

Be sure to get plenty of **rest**. Over doing it can cause the virus to be more intense. You need to rest and allow your body to build strength to beat the virus. **Drink plenty of liquids** so you do not become dehydrated, which usually leads to hospitalization. **Avoid the use of alcohol and tobacco**. The use of these can break down your immune system and allow the virus to become more intense. **Take medication to relieve flu symptoms**. Unfortunately, there is not a medication to help fight the flu, only to relieve some of the symptoms.

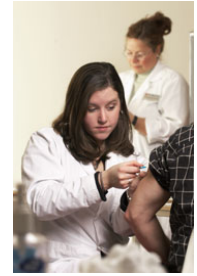
### Flu PREVENTION:

1. **Avoid close contact** with individuals who are sick and when you are sick.
2. **Stay home when you are sick.**
3. **Cover your mouth and nose when sneezing or coughing.**
4. **Clean your hands thoroughly.**
5. **Avoid touching your eyes, nose, or mouth.**
6. **Practice other good health habits;** get plenty of sleep, manage your stress, drink plenty of fluids, and eat nutritious foods.

## What is the flu shot??



The flu shot is usually given in the arm. The vaccine contains three influenza viruses (killed viruses) representative of the influenza vaccine for that year. The viruses used for the vaccine are grown in eggs.



## Flu Shot effectiveness:

When the "match" between vaccine and the circulating flu strains is close, the vaccine prevents about 70%-90% of influenza in healthy individuals younger than 65 years of age. Elderly individuals not residing in a nursing home or assisted living facility and individuals with chronic medical conditions, the flu shot is 30%-70% effective in preventing hospitalization for pneumonia and influenza. Individuals who reside in nursing homes are most protected against severe illness, secondary complications, and death related to the flu. The shot can be 50%-60% effective in preventing hospitalization or pneumonia. The flu shot is also 80% effective in preventing death from the flu.

## Side effects of the Flu Shot:

There is a risk of an allergic reaction, like with any other vaccine or medication. Most individuals have no serious problems with the flu shot. Symptoms that are most common after receiving the vaccine are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

If these symptoms do occur they only last for about one to two days and usually begin shortly after receiving the vaccine.

## Who should get the Flu Vaccination?

1. *Children aged 6 months until their 5<sup>th</sup> birthday.*
2. *Expecting mothers*
3. *Individuals 50 years and older*
4. *Any individuals with any chronic medical conditions.*
5. *Individuals who reside in nursing homes and other long term care facilities.*
6. *Individuals who come in contact with high risk individuals.*
7. *Healthcare providers.*
8. *Individuals who come in contact with children 6 months and under (these children are too young to receive the vaccine).*



**Talk with your healthcare provider before receiving the flu shot.** Source: [www.cdc.gov](http://www.cdc.gov)

# Wash Your Hands

## Prevent Colds and Flu from affecting YOU!

It's cold and flu season. So, what can you do to prevent these viruses from making you sick? The answer is simple; **wash your hands!**

Follow these steps to make sure you wash your hands the correct way:

### 1. Use Warm Water



### 2. Scrub hands for 15-20 seconds

The amount of time it takes to sing 'Happy Birthday to You.' Make sure you get all surfaces of your hands clean - under fingernails, palms, backs of hands, between fingers, etc.



### 3. Rinse Hands Thoroughly

### 4. Dry Hands with a *paper towel*



### 5. Turn water off *using* the paper towel

This will prevent the germs on the faucet from getting back on your hands.

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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# ACTIVE Diabetes CARE Program

In last month's newsletter we featured the Diabetes Management Program offered by HealthSTAT. This month we are featuring the Active Diabetes Care Program. This program is designed to be a maintenance program for individuals with diabetes.

The wellness programs offered by HealthSTAT are implemented at an additional cost by the Wellness Coordinator. If you have questions regarding the wellness programs or would like more detailed information please contact your HealthSTAT account manager.

**"Take action against Diabetes with ACTIVE CARE"**

The Active Diabetes Care Program is a year long program designed to help individuals with diabetes significantly decrease their risk of diabetes-related health consequences by motivating and assisting them to better manage their disease. The participants will keep a log of their blood sugar to ensure they are monitoring it closely, visit the clinic as recommended by the clinic provider, participate in three Health Coaching sessions via phone, and two group sessions.

In order to measure success the participants' HbA1c will be measured at the beginning, middle, and end of program to ensure success.

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## Health Coaching



Health Coaching is designed to help motivate participants in managing their diabetes. Health Coaching can improve absenteeism, presenteeism, and employee morale by providing motivation and support to each individual. Individuals will speak with the same Health Coach each time.

The Health Coach helps each individual develop a plan to better manage their diabetes and works closely with the Clinic Provider to be sure the individuals are following the guidelines set by the Clinic Provider for their individual needs.

Individuals must be available for three Health Coaching Sessions by phone within the program year in order to be compliant with the program.

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## Group Education Sessions

Group Education Sessions are designed to introduce the Active Diabetes Care Program to participants and educate participants on various topics pertaining to diabetes. The group sessions provide health education on diabetes, and an introduction to the program along with program requirements.

