



Influenza (Flu) and Covid Basics 2023

Flu (influenza) Basics [About Flu | CDC](#)

- **Influenza (flu)** is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs.
 - Approximately 36,000 deaths per year in U.S.
- **High Risk Groups:**
 - Persons 65 years and older
 - Young children
 - People with chronic conditions like diabetes, asthma, heart disease, kidney disease, cancer, HIV, etc.
- **How Flu is Spread:**
 - Tiny droplets that contain the virus from coughing, sneezing, or talking by people with flu - can land in the mouths or noses of people who are nearby.
- **How Soon Can Flu Symptoms Occur if Exposed?**
 - Usually two days, can range from 1 to 4 days.
 - Flu can be spread to others during symptoms or before known symptoms.
- **Flu Symptoms:**
 - Can come on suddenly.
 - Fever or chills (not everyone will have fever)
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Tiredness
 - May have vomiting and diarrhea (more likely in children)
 - **Contact health provider if worsening symptoms.**

- **Possible Complications of Flu:**
 - Pneumonia, ear infections, sinus infections, worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.
 - Can lead to hospitalization or death.
- **Diagnosing Flu:**
 - Difficult to distinguish flu from other respiratory illnesses.
 - Tests in healthcare office are advised.
- **Prevention**
 - Yearly flu vaccine
 - Wearing masks
 - Increasing distance in crowded areas or if with others who may have symptoms.
 - Handwashing or use of 60% or more hand sanitizer
- **Health Fair and Flu Vaccine:**
 - **Saturday, Oct 7th – 9:00 – 12 Noon**
 - **GWBBC Fellowship Hall**
 - **Sponsored by Barney’s Pharmacy**
 - **Sign up required – Contact Sis. M. Stewart (706-421-0885) or church secretary, Sis. M. Monroe (706-860-7091) before Sept 30th.**
- **Health Fair will also feature:**
 - **Colon Cancer and other Health Screening information**
 - **Vendor group - Black Health Matters – Atlanta, GA – your support is highly appreciated.**

Covid Basics Risk Assessment Summary for SARS CoV-2 Sublineage BA.2.86 | CDC

- **COVID-19 (coronavirus disease) is a Disease Caused by a Virus.**
 - Can be very contagious and spread quickly.
 - Infects lungs and respiratory system.
 - May also affect other parts of body.
 - Over one million have died in the U.S.
- **High Risk Groups:**
 - Anyone exposed to Covid is at risk for disease.
 - Greater risk for serious illness:
 - Older adults 50 years or older
 - Unvaccinated persons
 - People with chronic conditions
 - People with weak immune system
 -
- **How Covid is spread:**
 - Tiny droplets that contain the virus from coughing, sneezing, or talking by people who have Covid - can land on/in eyes, nose, or mouth.
 - Touching contaminated surfaces possible source of spread, but not as likely
- **How Soon Can COVID Symptoms Occur if Exposed?**
 - Most common – 2 to 6 days, may occur up to 14 days – wear mask up to 10 days if known exposure.
 - Covid can be spread to others during symptoms or before known symptoms.
- **Covid Symptoms:**
 - Similar to cold and flu symptoms
 - May include shortness of breath.
 - **Seek medical attention if worsening shortness of breath.**
- **Diagnosing Covid-19:**
 - **Lab test or at-home COVID test – check with insurance regarding coverage.**
- **Treatment:**
 - Treatments available to treat mild to moderate Covid-19 in people at high risk of serious illness.
 - Talk to healthcare provider as soon as known symptoms.

- **Prevention**
 - COVID-19 vaccine – effective for protecting against serious illness, hospitalization, or death.
 - **Best protection if up to date with vaccine as covid virus changes over time**
 - **Current available vaccine – Bivalent COVID-19 - likely not effective for the current changing virus.**
 - **New updated vaccine expected late September or October 2023 – talk to your provider or pharmacist for updates.**
 - Advise others in household to stay up to date with COVID-19 vaccine.
 - Delay of Vaccine advised x 3 months if recent positive Covid.
 - Wearing masks over nose and mouth
 - Wear a mask up to 10 days to protect others if known exposure.
 - Increasing distance in crowded areas or if with others who have symptoms.
 - Handwashing or use of hand sanitizer with 60% or more alcohol.
- **At-home care:**
 - Large amount water; rest
 - Over-the-counter management of cough, congestion, discomfort – consult with health provider or pharmacist.
 - Avoid alcohol or excessive exercise.
 - Stay home, 6 feet from others; Mask if near others.
 - Remain in one room if possible; designate one bathroom if possible or disinfect all surfaces after use.
- **Care for Covid sick family:**
 - Wear face mask and gloves when in close proximity (consider gown, face shield, shoe covers); After leaving their presence, remove all the protective gear (place in closed trash bag) before carefully and thoroughly washing and disinfecting your hands.
 - Wash all utensils, plates, bowls, and glasses in hot water and dry thoroughly. Then, wash and disinfect your hands again.

