

August is Flu Vaccine Awareness Month

The best way to prevent seasonal flu is to get vaccinated every year!

According to the CDC, everyone 6 months of age and older should get a flu vaccine every season. Vaccination is particularly important for people who are at high risk of serious complications from influenza, such as adults age 65 and older, pregnant women, young children, people with asthma, COPD, diabetes and heart disease.

Getting a flu vaccine during 2020-2021 will be more important than ever. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths.

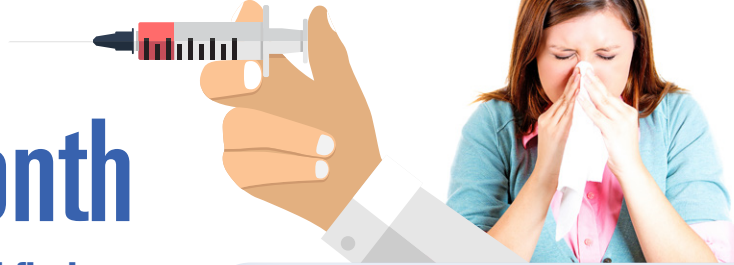
Preventing the Flu

- Get vaccinated every year!
- Avoid close contact with people who are sick
- Stay home when you are sick
- Clean your hands often
- Cover your mouth and nose when coughing or sneezing
- Avoid touching your eyes, nose or mouth
- Practice other good health habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food



We are working with Doctors Medical Center to provide onsite flu shots during Wellness Connect in October. Due to safe distancing guidelines, appointments will be required and paperwork must be completed in advance and brought the day of the shot. More details will be available in coming weeks.

For employees covered under the County's health plans, we will again be offering flu shots at retail pharmacy locations beginning on or around October 1st. Details of the program will be distributed to all health plan members.



Is it a COLD or FLU?

SIGNS & SYMPTOMS	COLD	FLU
Symptom Onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly Common
Fatigue/Weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest Discomfort/ Cough	Mild to Moderate	Common
Stuffy Nose	Common	Sometimes
Sore Throat	Common	Sometimes
Headache	Rare	Common

If you do get the flu...

Stay home and avoid contact with other people. However, if you are in a high risk group, or are very sick, contact your primary care physician or an Amwell telehealth provider. The CDC recommends prompt treatment for people who have a flu infection or suspected infection and who are at high risk of serious flu complications, such as people with asthma, diabetes or heart disease. You might need an antiviral medication to treat the flu.

Additional details about the importance of flu vaccines can be located at www.cdc.gov/flu