



Influenza and Pneumonia

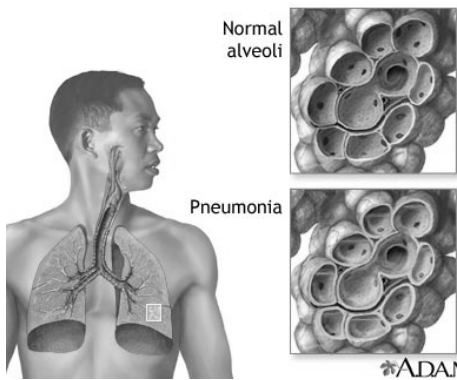
What is the flu?

The flu is a contagious disease caused by the influenza virus, which spreads from infected persons to the nose or throat of others. Symptoms include: Fever, chills, sweating, muscle aches, severe headache, weakness and tiredness, loss of appetite, sore throat, cough, and chest pain.

Other illnesses can have the same symptoms and are often mistaken for influenza. Influenza is **NOT** what some people call the "stomach flu" (vomiting, fever, and diarrhea).

According to the U.S. Centers for Disease Control and Prevention (CDC), every year in the United States, an average of 5 – 20 % of

the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 die from flu. More than 90% of those deaths are among persons age 65 or older. Even with last year's mild flu season, 68 deaths among children were reported to CDC.



What is pneumonia?

Pneumonia is a lung infection, and can be caused by bacteria, virus, or fungi. Each year, over 3 million people get pneumonia, and half a million are hospitalized for it. Approximately 5% of people who get pneumonia will die from it.

Pneumonia is transmitted through the air when an infected person coughs or sneezes, or can develop when germs from other illnesses in the mouth, throat, or nose enter the lungs. Symptoms of pneumonia include cold symptoms, high fever, shaking, chills, and coughing up sputum (mucus). Sometimes, the cough may be bloody, and chest pain and shortness of breath may develop.

Protection from Flu and Pneumonia

Is the Flu Shot for Me?

Anyone over 6 months can get a flu vaccine. It is **HIGHLY** recommended for the follow people:

- Kids 6 months to 18 years
- Anyone 50 years of age or older.
- Anyone on aspirin treatment.
- Women who will be pregnant during the flu season.
- Anyone with: heart disease, kidney disease, lung disease, metabolic disease such as diabetes, asthma, anemia, blood disorders

- Anyone with a weak immune system from HIV, steroids, or cancer treatment.
- Anyone with muscle or nerve disorders
- Residents of nursing homes, chronic-care facilities, dormitories, or crowded places
- People who travel to southern hemisphere April - September
- Anyone who lives with or cares for people at high risk.

Is a Pneumonia Vaccine for Me?

Anyone under 50 must get a prescription from a doctor for this vaccine. The following people are at high risk:

- Persons 65 and older
- Young children
- Persons with: alcoholism, heart or lung disease, kidney failure, diabetes, HIV infection and some cancers.

Berrien County Health Department 2008 Flu Clinics



Place	Day and Time
NILES HEALTH DEPT. 1205 North Front Street, Niles	Thursday, October 16, 2008 3:00 PM – 6:00 PM
FIRST CHURCH OF GOD 2627 Niles Avenue, St. Joseph	Monday, October 20, 2008 3:00 PM – 6:00 PM
HARBERT COMMUNITY CHURCH 6444 Harbert Road, Harbert	Tuesday, October 21, 2008 1:00 PM – 3:00 PM
MIDWAY BAPTIST CHURCH 7517 Red Arrow, Watervliet	Wednesday, October 22, 2008 10:00 PM – 12:30 PM

*Medicare and Medicaid members must bring Medicare or Medicaid Card, all clinics subject to the availability of vaccine.

Special thanks to Pam Quinn for her help with this article.

The Berrien County Health Department has five locations to serve you:

Benton Harbor	M-139 Office	School Based	Niles	Three Oaks
769 Pipestone	2106 S. M-139	870 Colfax Ave	1205 N. Front St.	21 N. Elm
P.O. Box 706	927-5623	925-4500	684-2800	756-2008
926-7121				

Or visit us on the web at www.berriencohlthdept.org

Berrien County Health

Department:
Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



October is Cancer Prevention month

October is Cancer Prevention month, so the Health Department will provide information about Breast Cancer, Cervical Cancer, Prevention/Screening and WISEWOMAN, as well as information about Lead Poisoning prevention, and Influenza and Pneumonia prevention. For more information about any of these topics, **please call the health department at 926-7121.**



Myth Busters...

There are two types of flu vaccination: the "flu shot" and the nasal-spray flu vaccine. Both are effective in preventing the flu. For most people influenza vaccine prevents serious influenza-related illness. **BUT** it will not prevent "influenza-like" illness caused by **OTHER** viruses.

Contrary to popular myth, the flu vaccine CANNOT give you the flu!!

Influenza viruses are always changing, so influenza vaccines are updated every year, making an **annual** vaccination recommended. It takes up to 2 weeks for full protection to develop after the vaccination. Protection will last up to a year.

For more information on the flu, pneumonia, or this year's flu clinics, call the health department at:

927-5627

This page is sponsored by the Berrien County Health Department

