

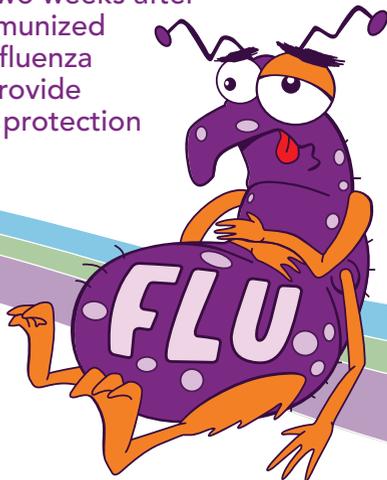
THE BEST DEFENSE IS PREVENTION

A flu shot helps protect you from:

- Getting influenza
- Pneumonia and other complications of influenza
- Spreading the influenza virus to family, friends and caregivers

Other influenza facts:

- The influenza shot does not protect you against the common cold or other viruses
- It takes two weeks after being immunized for the influenza shot to provide antibody protection



CAREWEST EMPLOYEE HEALTH & SAFETY

Carewest Employee Health and Safety (EH&S) supports health and wellbeing by:

- Coordinating the Employee Influenza Immunization Clinics
- Providing employee influenza immunizations
- Monitoring employees during a communicable illness
- Assisting employees to safely return to work following illness
- Providing general statistics and trends to Alberta Health Services for analysis

Contact Carewest EH&S at 403-943-8182

CAREWEST INFECTION PREVENTION & CONTROL

The Carewest Infection Prevention & Control (IP&C) service provides expertise on infection control issues, including:

- Client immunization
- Outbreak management
- Prevention of communicable disease transmission
- Hand hygiene
- Disease surveillance in the client population
- IP&C audits

For client-related questions please contact Carewest IP&C at 403-686-8133.

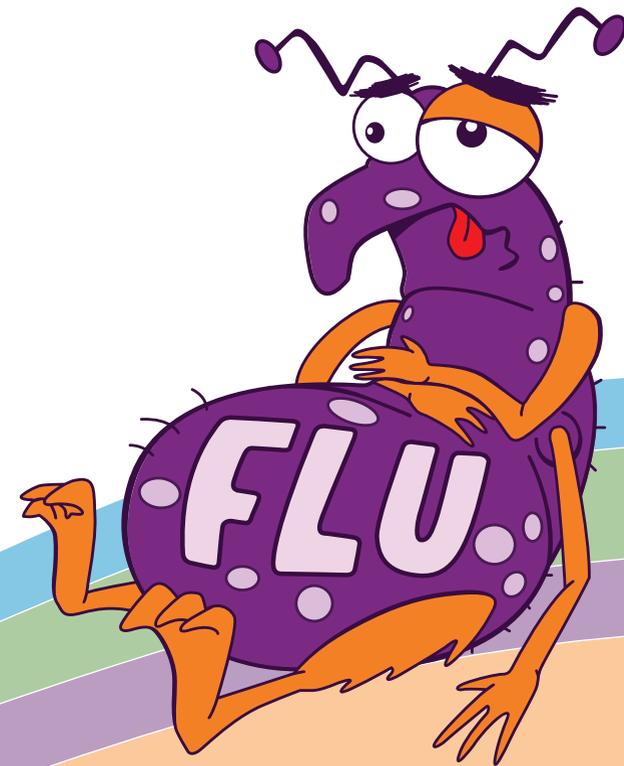


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InFLUenza...

IT'S NOT JUST A COLD



YOU NEED TO KNOW!

Influenza is a highly contagious viral infection that can be spread by:

- UNWASHED HANDS
- TOUCHING OBJECTS
- SNEEZING
- COUGHING
- TALKING

Symptoms of influenza are:

- Sudden fever
- Cough
- Headache
- Muscle aches
- Loss of appetite
- Fatigue

The best defense is prevention:

- Get your annual flu shot
- Wash your hands often and keep your hands away from your face to prevent spreading the virus
- Cover your cough (with a tissue or a sleeve).
- Stay home when you have influenza symptoms

COMPARE SYMPTOMS

Influenza, a cold, and stomach upset are different illnesses.

DESCRIPTION & SYMPTOMS	RESPIRATORY INFECTION		GASTROINTESTINAL INFECTION
	INFLUENZA	COMMON COLD	STOMACH UPSET*
Virus Involved	Influenza A or B	Many different kinds of viruses such as rhinovirus, coronavirus, adenovirus, etc.	Norovirus (Norwalk-like viruses) is the most common
Fever	Usually high, beginning suddenly and lasting 3-4 days	Sometimes	Rarely
Headache	Usually, can be severe	Rarely	Sometimes
Chills, aches, pain	Usually, and often severe	Rarely	Common
Loss of appetite	Sometimes	Sometimes	Frequently - usually nausea, vomiting and diarrhea occur as well
Cough	Usually	Sometimes	Rarely
Sore throat	Sometimes	Sometimes	Rarely
Sniffles or sneezes	Sometimes	Usually	Rarely
Extreme tiredness	Usually - tiredness may last 2-3 weeks or more	Rarely	Sometimes
Involves whole body	Usually	Never	Stomach and bowel only
Symptoms appear quickly	Yes	More gradual	Yes
Possible complications (Health problems)	Pneumonia, kidney failure, swelling of the brain and death	Sinus infection or ear infection	Dehydration (losing more fluid than you take in)
Vaccine	Yearly vaccine provides protection against two influenza A strains and one influenza B strain	No vaccine available	No vaccine available

Note: A stomach upset is sometimes incorrectly called the "stomach flu" but there is no such illness. As noted in the chart, stomach upsets are caused by viruses and other micro-organisms but not by the influenza virus.

Source: Alberta Health Services