

# DC37 Safety & Health Fact Sheet

## **INFLUENZA (FLU) 2019-2020**



Influenza(Flu) is a contagious respiratory illness caused by influenza viruses. The Flu is unpredictable and constantly changing and that is why there are new strains every year (ie: Bird Flu, Swine Flu, H1N1, H3N2).

### **Symptoms may include**

- **Fever or feeling feverish/chills**
- **Cough**
- **Sore Throat**
- **Running or stuffy nose**
- **Muscle or body aches**
- **Headaches**
- **Fatigue**
- **Vomiting & Diarrhea, more common in children**

### **Diagnosis**

Flu tests can detect influenza viruses in respiratory specimens. Your Health Care Provider administers the test to determine if you have the flu. Results can take one to several hours, depending upon the diagnostic test selected.

### **Prevention & Treatment**

Your Health Care Provider will determine the best treatment options for you and your family. People at risk for flu complications are young children, adults 65 and older, pregnant women, and those with pre-existing medical conditions and/or compromised immune systems. The following protocols should be followed:

- **Take prescribed Antiviral Drugs.**
- **Stay home until you are better.**
- **Limit contact with others to keep from infecting them.**
- **Cover nose & mouth with tissue or sleeve when you cough or sneeze.**
- **Wash hands often with soap & water. If soap and water are not available, use an alcohol-based hand sanitizer.**
- **Get the Flu shot, it's not too late.**
- **Clean & disinfect surfaces and objects that may be contaminated with Influenza germs.**

The NYC Health+Hospitals Corp. reports 15 million flu cases, 150,000 hospitalizations and 8,000 deaths all attributed to the 2019-2020 flu strains. In contrast, there are currently no cases of the Novel Coronavirus, Covid-19, in NYC.

**For more information, see links below:**

[health.ny.gov/prevention/immunization/health\\_care\\_personnel](https://health.ny.gov/prevention/immunization/health_care_personnel)  
NYC DOHMH – [www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page](http://www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page)  
[health.ny.gov/diseases/communicable/influenza/seasonal/](https://health.ny.gov/diseases/communicable/influenza/seasonal/)  
[cdc.gov/flu/](https://cdc.gov/flu/)

[www.dc37.net](http://www.dc37.net)

