Compatible News

September: Flu and Pneumonia

As we head into the cold and flu season, it is imperative that people receive their Flu vaccination especially those most vulnerable. Those who are immune-compromised or over the age of 65 years old should also receive the Pneumonia vaccination.

While most flu activity occurs from October to May in the United States, flu viruses are detected year-round, including at lower levels during the summer months. Yearly flu vaccination should begin soon after flu vaccine is available, and ideally by October. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:



More information at:

http://www.cdc.gov/flu/keyfacts.htm

Fever* or feeling feverish/chills Cough Sore throat Runny or stuffy nose Muscle or body aches

Headaches

Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

• It's important to note that not everyone with flu will have a fever.

Pneumonia is an infection that inflames the air sacs in one or both lungs. The air sacs may fill with fluid or pus (purulent material), causing cough with phlegm or pus, fever, chills, and difficulty breathing. A variety of organisms, including bacteria, viruses and fungi, can cause pneumonia.

Pneumonia can range in seriousness from mild to life-threatening. It is most serious for infants and young children, people older than age 65, and people with health problems or weakened immune systems. Mild signs and symptoms often are similar to those of a cold or

flu, but they last longer.

See your doctor if you have difficulty breathing, chest pain, persistent fever of 102 F (39 C) or higher, or persistent cough, especially if you're coughing up pus.

It's especially important that people in these high-risk groups see a doctor:

Children younger than age 2 with signs and symptoms

Adults older than age 65

People with an underlying health condition or weakened immune system
People receiving chemotherapy or taking medication that suppresses the immune system
For some older adults and people with heart failure or chronic lung problems, pneumonia can quickly become a life-threatening condition.

Get more information at: http://www.cdc.gov/pneumonia/



www.shutterstock.com - 12900470







Contact us today for a FREE
Assessment!
(480) 378-3700
908B W. Chandler Blvd.
Suite #3
Chandler, AZ 85225
www.chc-valey.com

Compatible Home Care Quality Care That Fits Your Life

Compatible Home Care is a home care agency, which knows the importance of exceptional care for a family's loved one. Compatible prides itself on employing highly trained caregivers who will treat your loved one with the compassion and kindness they deserve. Compatible believes in providing quality and EPIC (empathy, patience, integrity, and compassion) care.

Compatible Home Care Agency also holds an Alzheimer's support group in the main office once a month and also holds educational seminars on various diseases and conditions for community members. Please feel free to contact our office for further information.