

November 5th, 2021



Out of abundance of caution, the Medical Center is screening all guests before providing entrance into the facility. To ensure our team is able to address your needs; we kindly ask to be as forthcoming as possible regarding your visit and provide all symptoms you may be experiencing.

What are the benefits of flu vaccination?

https://www.cdc.gov/flu/prevent/vaccine-benefits.htm?s_cid=WS-Flu-FY22-ConCC-GOG-TA2-S&gclid=Cj0KCQjww4OMBhCUARIsAILndv6fYgSDIIA-MFiVWqiUg4G7uUZVK5lIQMF2GvPy4FACPUZUEB_g0YaAnLiEALw_wcB&gclsrc=aw.ds

Key Facts About Influenza (Flu)

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

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

- 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.**

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

How Many People Get Sick with Flu Every Year?

A 2018 CDC study published in [Clinical Infectious Diseases](#)^{external icon} looked at the percentage of the U.S. population who were sickened by flu using two different methods and compared the findings. Both methods had similar findings, which suggested that on average, about 8% of the U.S. population gets sick from flu each season, with a range of between 3% and 11%, depending on the season.

Why is the 3% to 11% estimate different from the previously cited 5% to 20% range?

The commonly cited 5% to 20% estimate was based on a study that examined both symptomatic and asymptomatic influenza illness, which means it also looked at people who may have had the flu but never knew it because they didn't have any symptoms. The 3% to 11% range is an estimate of the proportion of people who have symptomatic flu illness.

Who is most likely to be infected with influenza?

The same [CID study](#)^{external icon} found that children are most likely to get sick from flu and that people 65 and older are least likely to get sick from influenza. Median incidence values (or attack rate) by age group were 9.3% for children 0-17 years, 8.8% for adults 18-64 years, and 3.9% for adults 65 years and older. This means that children younger than 18 are more than twice as likely to develop a symptomatic flu infection than adults 65 and older.

How is seasonal incidence of influenza estimated?

Influenza virus infection is so common that the number of people infected each season can only be estimated. These statistical estimations are based on [CDC-measured flu hospitalization rates](#) that are adjusted to produce an estimate of the total number of influenza infections in the United States for a given flu season. The estimates for the number of infections are then divided by the census population to estimate the seasonal incidence (or attack rate) of influenza.

Does seasonal incidence of influenza change based on the severity of flu season?

Yes. The proportion of people who get sick from flu varies. [A paper published in CIDexternal icon](#) found that between 3% and 11% of the U.S. population gets infected and develops flu symptoms each year. The 3% estimate is from the 2011-2012 season, which was an H1N1-predominant season classified as being of low severity. The estimated incidence of flu illness during two seasons was around 11%; 2012-2013 was an H3N2-predominant season classified as being of moderate severity, while 2014-2015 was an H3N2 predominant season classified as being of high severity.

Period of Contagiousness

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise 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.

Onset of Symptoms

The time from when a person is exposed and infected with flu to when symptoms begin is about 2 days, but can range from about 1 to 4 days.

Complications of Flu

[Complications of flu](#) can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

People at High Risk from Flu

Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at [high risk of developing serious flu-related complications](#) if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

Preventing Seasonal Flu

The first and most important step in [preventing flu](#) is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Diagnosing Flu

It is very difficult to distinguish flu from other viral or bacterial respiratory illnesses based on symptoms alone. There are tests available to diagnose flu. More information is available: [Diagnosing Flu](#).



Treating Flu

There are [influenza antiviral drugs](#) that can be used to treat flu illness.

COVID-19 Vaccine Booster Shot: Call the Medical Center to schedule your Booster Shot.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

COVID-19 Vaccine booster shots are available for the following Pfizer-BioNTech vaccine recipients who completed their initial series at least 6 months ago:

- 65 years and older
- 18+ who have underlying medical conditions
- 18+ who work in high-risk settings
- 18+ who live in high-risk settings

COVID-19 VACCINES FOR CHILDREN AND TEENS:

Most Children and All Teens Can Get COVID-19 Vaccines

CDC recommends **everyone ages 5 and older get a COVID-19 vaccine** to help protect against COVID-19.

COVID-19 Vaccines for Children and Teens

Updated Nov. 2, 2021 Languages ▾ Print

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Authorized For	Pfizer-BioNTech	Moderna	J&J / Janssen
4 years and under	No	No	No
5-11 years old	Yes	No	No
12-17 years old	Yes	No	No
18 years and older	Yes	Yes	Yes

Widespread vaccination for COVID-19 is a critical tool to best protect everyone, especially those at highest risk, from severe illness and death. People who are fully vaccinated can safely resume many activities that they did prior to the pandemic. Children ages 5 years and older are able to get an age-appropriate dose of [Pfizer-BioNTech COVID-19 Vaccine](#). Learn more about what you and your child or teen can do [when fully vaccinated](#).

In Other News:



UPDATE

Travel requirements to enter the United States are changing, starting November 8, 2021. More information is available [here](#).

Know Before You Go

Know travel requirements and recommendations for international travel.

[U.S. Citizens, U.S. Nationals, U.S. Lawful Permanent Residents, and Immigrants](#)
[Non-U.S. Citizen, Non-U.S. Immigrants: Air Travel to the United States](#)
[Travel Recommendations by Destination](#)

DETAILS ABOUT TRAVEL REQUIREMENTS

[Required Testing before Air Travel to U.S.](#)
[Mask Requirement](#)
[Vaccine Requirement](#)

Before You Travel

Learn more about your destination, when not to travel, and other FAQs.



CDC has temporarily extended the [Framework for Conditional Sailing Order](#) (CSO) through January 15, 2022, with minor modifications. The CSO, as modified, applies to *foreign-flagged* cruise ships operating or seeking to operate in U.S. waters. The temporary extension is effective upon expiration of the current

CSO on November 1, 2021. Passenger operations have now resumed on cruise ships. The CSO as modified aligns with current public health considerations and other factors onboard cruise ships.

CDC has issued a [Level 3 Travel Health Notice](#) for cruise ship travelers.

The chance of getting COVID-19 on cruise ships is high because the virus spreads easily between people in close quarters aboard ships.

The following groups of people **should avoid** traveling on cruise ships, including river cruises, worldwide:

- People who are **not fully vaccinated**
- People with an [increased risk of severe illness](#), regardless of vaccination status

People who decide to go on a cruise should [get tested](#) 1–3 days before their trip and 3–5 days after their trip, regardless of vaccination status.

RESOURCE

Additional information, links to community and local resources, MCOR's updated COVID-19 tracking grid and more is available at:

WWW.MCOR.ORG

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

Johnson & Johnson's Covid-19 vaccine is 73.6% effective, according to new real-world study
<https://www.cnn.com/2021/11/02/health/johnson-covid-vaccine-study/index.html>