

Dr note for flu

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That's where the flu hits especially hard, and what you can do to help protect yourself from it. Influenza is a monster. The contagious disease caused by influenza viruses has led to 9 million to 45 million diseases and up to 810,000 hospitalizations in the past decade. Since 2010, between 12,000 and 61,000 have died each year from influenza. And this is nothing compared to 1918-1919, when the influenza pandemic killed more people in absolute numbers than any other outbreak in history. Recent studies show that the death toll is probably 50 million, and possibly up to 100 million. Adjusted for population, this damage today would be comparable to 175-350 million. Although fortunately we have learned a lot about the flu since those devastating early pandemics, it is still a beast. Looking at the numbers over the last decade, we see that the last season for which there is confirmed data was doozy. The Centers for Disease Control/Public Domain has flu viruses around all year round in the United States, but the diseases are most common during the fall and winter, with activities starting to creep up in October and usually peak in February. Living in New York, where winter is cold and people pack themselves tightly in moving metal boxes underground and sneeze at each other, I always figured that we were particularly rude when it comes to catching the flu. But data from the report in the Apartment Guide shows that New York is not the worst place for flu. And in fact, the states that suffered the most are a little surprise; they are usually the ones with warm weather and fewer people piled on top of each other. The ranking relies on the U.S. Centers for Disease Control (CDC) February flu season numbers - something each state has been assigned weighted scores for low, moderate and high-week flu outbreaks to identify the 10 worst states. 10. NEW MEXICOWeeks High Influenza Activity: 17Weeks Moderate Influenza Activity: 3Weeks Low Influenza Activity: 5 9. NEW JERSEYWeeks High Influenza Activity: 14Weeks Moderate Influenza Activity: 8Weeks Low Influenza Activity: 5 8. ALABAMAWeeks High Influenza Activity: 19Weeks Moderate Influenza Activity: 3Weeks Low Influenza Activity: 3 5. KANSASWeeks High Influenza Activity: 22Weeks Moderate Influenza Activity: 2Weeks Low Influenza Activity: 5 4. ARKANSASWeeks High Influenza Activity: 21Weeks Moderate Influenza Activity: 2Weeks Low Influenza Activity: 2 3. CONNECTICUTWeeks High Influenza Activity: 19Weeks Moderate Influenza Activity: 8Weeks Low Influenza Activity: 2 2. OKLAHOMAWeeks High Influenza Activity: 22Weeks Moderate Influenza Activity: 2Weeks Low Influenza Activity: 5 1. TEXASWeeks of high flu activity: Moderate Influenza Activity: 5Weeks Of Low Influenza Activity: 1 Meanwhile, New York was number 14 - and the best state for flu was Maine, cold winter Maine, Maine, zero weeks of high flu activity, four moderate weeks and two weeks low. Influenza is a fickle thing. So what if you live in one of these super flu friendly states? Or, in fact, any state, given that the flu is so awful? The CDC says the first and most important step in flu prevention is to get a flu vaccine every year. The flu vaccine has been shown to reduce the number of flu-related diseases and the risk of serious flu complications that can lead to hospitalization or even death. After that, use conventional disease prevention strategies like avoid sick people and wash their hands not only often but correctly. To find out how your state occupies, visit the Apartments Guide. The flu season is upon us, so it's time to be alert for flu symptoms. Different strains of contagious influenza viruses will soon pass through coughing, sneezing and other methods of infection. The Centers for Disease Control and Prevention (CDC) recommends receiving a flu vaccine every year, especially for people most dangerous, including children under 5 years of age, the elderly over 65 and people with certain diseases like asthma, chronic lung disease and weakened immune system. As always, washing your hands may be the best way to avoid the flu. Flu symptoms include: Fever/chills Cough Sore Throat Runny or stuffy nose muscle or pain in the body headaches Fatigue Vomiting and diarrhea (more common in children) flu outbreaks can occur as early as October, but peak activity is usually seen in midwinter. If you think you have the flu, you should stay at home for at least 24 hours after the fever is gone and avoid social interaction to prevent it from spreading to others. While most flu cases are mild and do not require medical attention, the CDC lists several warning signs that require immediate action, including: Difficulty breathing, shortness of breath pain or pressure in the chest or abdomen Sudden dizziness Confusion Severe or constant vomiting flu-like symptoms, which improve, but return with a fever and a more severe cough In children, look for the following: Fast breath Blue skin color Do not drink enough fluid Not waking up or not interacting Severe irritability / The child does not want to be carried flu-like symptoms that improve, but return with fever and more severe cough fever with a rash the CDC says that while the flu season is unpredictable and there is always an opportunity for new strains to come out, the season of 2012 begins with the beginning. (You can keep up with updates on the flu season on this handy CDC flu site, which is updated weekly.) Podcast: Download (Duration: 1:04 - 1.5MB) Subscription: Android RSS Anchor Lead: Flu Season Arrives in the Northern Hemisphere, Elizabeth Tracy Reports You Got a Flu Shot Claire Rock, an infectious disease expert at Johns Hopkins University, says it's time to do so. Rock: The flu season is starting and we're starting to see our first few flu cases and probably probably build up very quickly over the coming weeks. The most important idea is to go get vaccinated. :10 Rock says although there are several medications to treat the flu, it is even better to get the vaccine, since it protects against the disease until the season is over in late spring. Rock: We have some medications that have antiviral-type medications that can help in the fight against the flu. But ideally they should be taken within the first few days of symptoms, so actually prevention is always better than cure, so more emphasis on getting a flu vaccine now, as opposed to waiting for symptoms to treat is really the best strategy. :21 In Johns Hopkins, I'm Elizabeth Tracy. This content is imported from an embedded name. You can find the same content in a different format, or you may be able to find more information on your website. Every fall, public health officials beg Americans to get a flu shot. And every fall, most people ignore these calls. Since 2010, the number of adults who have already chosen the flu vaccine has hovered around 40 percent, according to the Centers for Disease Control and Prevention (CDC). In turn, the flu affects millions of Americans every year. During the 2017-2018 flu season, about 49 million people were infected with the virus. Hundreds of thousands of them were hospitalized and more than 79,000 died, according to the CDC. Preventing most of this suffering would be possible if more people received the flu vaccine each year. Getting vaccinated isn't just about protecting yourself. However, doctors say their choice to skip a flu shot can inadvertently lead to another person's illness, hospitalization or death. Nothing is more important than a flu vaccine that should be given to everyone over six months old, said William Norcross, MD, professor of family medicine at the University of California, San Diego. By getting a shot, you will not only reduce your risk of developing a severe case of flu, but you will also reduce the chances that you will spread the flu to someone who may be particularly vulnerable to the virus, including young children, pregnant women, those with a serious chronic disease, and adults over 50 years of age. (For these at-risk groups, a flu shot is especially important, the CDC warns.) When you have the flu, your saliva and mucus abound with millions of highly infectious viral particles, explains Dr. Norcross. Cough in your hand or rub your nose and you have just weaponized these parts of your body. Any handrails or basket handles you touch can be the next mother of a newborn, or the caregiver someone is battling cancer. It is very important that children, pregnant women, adults 50, and those with chronic get vaccinated. Of course, getting a flu shot will also protect you from the virus. This is true even in years when experts underestimate the underestimation of flu is going around. How effective is the flu shot in any case? There are two main types of influenza virus that people can contract: influenza and influenza B, says Kyle Sue, MD, clinical assistant professor of family medicine at Memorial University of Newfoundland in Canada. Each of these types can be further broken down into different strains of flu, he says. Every year, public health experts who develop a flu vaccine do their best to suggest which of these strains will be most prevalent during the coming winter. Sometimes they guess correctly, but in other years they are wrong. When they hit the nail on the head, meaning they correctly anticipate which strains of flu will go to vaccine can reduce the risk of getting sick by up to 60 percent. When they make mistakes, a flu shot may not help you dodge the virus completely, but it can still help reduce the duration and severity of your illness. A 2015 study found that people who were vaccinated against influenza had significant protection against high fever or muscle aches and pains. They also tend to have milder respiratory symptoms than those that have not been vaccinated. A flu shot also reduces the risk that you'll end up in a hospital or intensive care unit (ICU) because of an unpleasant case of flu, CDC research suggests. Even partial efficiency is better than zero, says Dr Sue. Influenza Shot Risks: The myth against the fact that if these benefits don't seem to outweigh the risks that you've heard people associate with the flu vaccine, understand that most of what you've been told is probably not true. Let's start with the idea that you can get the flu from the flu shot. According to the CDC, this is completely false. No matter what some people might say, the flu virus is a dead virus and may not cause the flu, says Dr Norcross. He says this myth persists for two main reasons: ➡ It takes about two weeks for your body to develop flu-blocking antibodies in response to a vaccine. So if you come into contact with the flu during this time, the shot will not do you any good. ➡ season tends to overlap with the flu season, and the flu shot provides no protection against the common cold. Given how common colds and flu are, there is a good chance that a significant number of people will develop one or the other immediately after receiving a flu shot, the CDC confirms. While many of these people may blame the shot for their illness, and tell their friends and family about it- the flu vaccine has nothing to do with it. Influenza sickens 49 million Americans every year. Up to 79,000 of them will die. Another myth is that people with egg allergies need to be vaccinated without eggs or should skip vaccination altogether. Some forms of influenza vaccine are grown in eggs, which were once considered a problem for people with egg allergies. However, a 2017 study found that the flu vaccine is actually safe for this group. In light of this new finding, the CDC has published updated guidelines indicating that for this population, there is no No precautions required. On the other hand, it's true that a flu shot can make a person's arm hurt during the day, Dr. Sue says. In rare cases, a person's immune system may also respond to a vaccine. This can lead to headaches, sore throats, or fever that can last for a day or two, according to the CDC. But then again, these side effects are rare. Bottom line: The benefits of getting a flu shot far outweigh the minimal risk of an adverse reaction. If you are worried about any of these side effects, talk to your doctor about them. But don't miss the flu shot. The flu vaccine clearly saves lives and reduces suffering, says Dr Norcross. Like what you just read? You'll love our magazine! Go here to subscribe. Don't miss the thing by downloading Apple News here and after prevention. yes, and we're on Instagram, too. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io dr note for stomach flu

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