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Command Spotlight - 2012-2013 Seasonal Flu Outbreak

As the Kenner Army Health Clinic Commander, I want to stress to you, it is not too late to protect yourself and your family members against the seasonal influenza.

Everyone should take 3 important steps to fight the flu:

1. Get vaccinated.
2. Stop the spread of flu by staying home when sick, covering sneezes and coughs, not sneezing or coughing into hands, and washing hands regularly.
3. Take the medications prescribed by your healthcare provider

The current seasonal flu is spreading rapidly across the country. As of 29 Dec 2012, flu outbreaks have been reported in more than twenty-four states, including Virginia.

It is important to remember that Influenza (flu) is a contagious disease caused by influenza viruses. The virus affects the respiratory tract so it can be easily spread from person to person. Because the flu is a viral infection, antibiotics are not an effective form of treatment. Antibiotics are, however, useful in treating secondary bacterial infections that can result from or occur with the flu. It is possible for people to catch the flu by touching objects (telephones, eating utensils, doorknobs, etc...) contaminated with flu viruses and then touching their eyes, nose or mouth.

Every year in the U.S., 5% to 20% of the population gets the flu and about 36,000 people die as a result of flu-related causes. The flu season in the U.S. usually occurs during the winter months; however, cases can occur throughout the year. This year, more flu cases appear to be earlier or at the beginning of the season, thus creating a more rapid outbreak and spread. The good news is that the majority of those cases tested by the CDC were found to be caused by the same strains included in this year's seasonal vaccine.

For more information about the Flu, visit the KAHC website at <http://www.youtube.com/watch?v=ishCYThRjY4&feature=plcp> or use a Smartphone to scan the QR code below to access the KAHC Flu Video:



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