



665 Rodi Road Suite 305
Pittsburgh, PA 15235
Phone: 412.244.0440
Fax: 412.244.9090
www.HMAmembers.org

The CDC on Flu Prevention

Only influenza virus types A, B, and C cause the flu. And early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.

The [Centers for Disease Control and Prevention](#) (CDC) suggest this three-step approach to prevent it. "The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Finally, **everyday preventive actions** may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu." If possible:

- Avoid 'close' contact with sick people, and clean/disinfect surfaces and objects that may be contaminated.
- If flu-like symptoms occur, get medical care and stay home for at least 24 hours after the fever is gone.
- Wash hands often with soap and water and avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when sneezing and coughing. Then immediately throw the tissue in the trash.

And know your Germs!

"**Bacteria** are single-celled microorganisms that thrive in many different types of environments. Some varieties live in extremes of cold or heat. Others make their home in people's intestines, where they help digest food. Most bacteria cause no harm to people, but there are exceptions. Infections caused by bacteria include: **Strep throat**, Tuberculosis, Urinary tract infections.

Viruses are even smaller than bacteria and require living hosts — such as people, plants or animals — to multiply. Otherwise, they can't survive. When a virus enters your body, it invades some of your cells and takes over the cell machinery, redirecting it to produce the virus. In some cases, it may be difficult to determine whether a bacterium or a virus is causing your symptoms. Diseases caused by viruses include **Common Colds**, Chickenpox, AIDS. Many ailments — such as pneumonia, meningitis and diarrhea — can be caused by either bacteria or viruses.

Perhaps the most important distinction between bacteria and viruses is that antibiotic drugs usually kill bacteria, but they aren't effective against viruses. Inappropriate use of antibiotics has helped create bacterial diseases that are resistant to treatment with different types of antibiotic medications."

Information source: www.mayoclinic.org