

TAKE HOME MESSAGES ABOUT EBOLA

1. There has been no spread of Ebola virus in our region.
2. Educate yourself & others to prevent the spread of disease & panic.
3. Here are the top 5 actions to take to protect yourself.



THERE HAS BEEN NO SPREAD OF EBOLA VIRUS IN OUR REGION

- We recognize that Ebola is a scary disease.
- It is important to remember that the risk of Ebola spreading widely in the U.S. is low.
- Infection control when practiced correctly prevents Ebola spread.

EDUCATE YOURSELF & OTHERS TO PREVENT THE SPREAD OF DISEASE & PANIC

- People with Ebola do not spread germs until they have symptoms.
- Ebola is spread through direct contact with blood & body fluids.
- Ebola is NOT spread through breathing.
- <http://health.arlingtonva.us/public-health/educate-ebola>



HERE ARE THE TOP 5 ACTIONS TO PROTECT YOURSELF

- Wash your hands.
- Cover your coughs and sneezes.
- Get a flu shot.
- Avoid contact with sick people.
- Stay home when sick.



ENTEROVIRUS D68

- At more risk: infants, children & teens; those with asthma.
- Symptoms: cough, tiredness, & body aches; trouble breathing & wheezing.
- Spreads through close contact: holding hands, sharing a snack, touching infected surfaces, or being coughed/sneezed upon.
- No treatment other than supportive care at home or the hospital.
- Work with your child's doctor to control your child's asthma.
- Avoid kissing, hugging, & sharing cups, forks, knives, & spoons.
- Disinfect frequently touched surfaces.
- Hand sanitizer does not work well against this germ.



INFLUENZA (FLU)

- Spread by coughing, sneezing & close contact.
- At greater risk: young children, people 65 & older, pregnant women & people with chronic medical conditions.
- Symptoms: fever/chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose.
- Complications: pneumonia & making existing medical conditions worse; diarrhea & seizures in children.
- Every year thousands in the U.S. die from flu & many more are hospitalized.
- All people ages 6 months & older can receive the annual flu shot, with rare exceptions.

FLU VACCINE

- Recommended every year.
- Flu vaccine is the best protection against flu & its complications.
- It also helps prevent spreading flu from person to person.
- It takes 2 weeks for protection to develop & it lasts several months to a year.
- Types of vaccine
 - Nasal spray: live, attenuated flu virus
 - Injectable: inactivated flu virus
- Do not get the vaccine if you have severe, life-threatening allergies or had Guillain-Barre syndrome. If you are feeling sick, get the flu shot after you are feeling better.