

## Flu and MRSA

### Flu

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Symptoms of flu include: fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.



While getting a flu vaccine each year is the best way to protect against flu, influenza antiviral drugs can help fight against influenza, offering a second line of defense against the flu.

A new influenza virus began causing illness in people and spread around the world. Originally called "swine flu" because the virus genes were similar to some influenza viruses that infect pigs, the new virus has been named "novel H1N1."

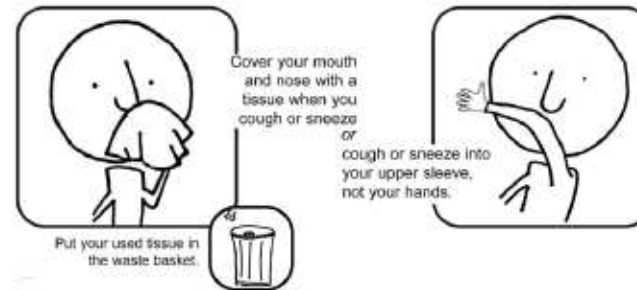
### MRSA

MRSA is methicillin-resistant *Staphylococcus aureus*, a potentially dangerous type of staph bacteria that is resistant to certain antibiotics and may cause skin and other infections. You can get MRSA through direct contact with an infected person or by sharing personal items, such as towels or razors that have touched infected skin.

If you or someone in your family experiences these signs and symptoms, cover the area with a bandage and contact your healthcare professional. It is especially important to contact your healthcare professional if signs and symptoms of an MRSA skin infection are accompanied by a fever. Most staph skin infections, including MRSA, appear as a bump or infected area on the skin that may be: red, swollen, painful, warm to the touch, full of pus or other drainage, or accompanied by a fever.

## Stop the spread of GERMS that make you and others sick!

Cover your cough – cover your mouth with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



Clean your hands (after coughing or sneezing) – wash hands with soap and warm water for 20 seconds (sing the happy birthday song to yourself) or clean with alcohol-based hand cleaner.