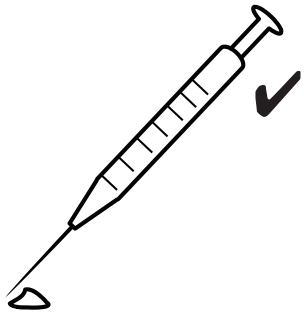


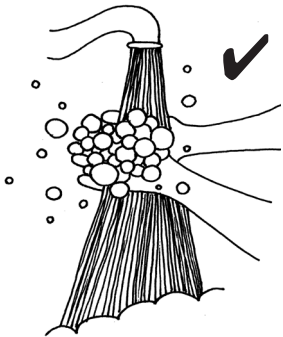
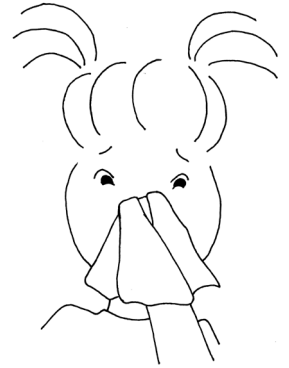
# Know what to do about the Flu



✓ **Get vaccinated now - & your kids too!**

✓ **Cover your nose and mouth with tissue when you cough or sneeze.**

Dispose of tissue immediately after use.  
Or cough or sneeze into your upper sleeve, not your hands.



✓ **Clean your hands often** with soap and water or alcohol-based hand cleaners, especially after a cough or sneeze.

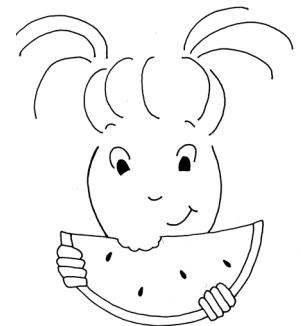
✓ **Avoid touching your eyes, nose or mouth.**



✓ **Stay at home if you are sick & avoid close contact with sick people.**

✓ **Practice healthy habits.**

Be physically active, manage your stress, eat nutritious food, drink plenty of fluids and get plenty of sleep.



## Seasonal Flu & Novel H1N1 (Swine Flu) 2009-2010

Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. In addition to seasonal flu, there is a new and very different flu virus spreading worldwide among people called novel H1N1 (swine) flu. To date, most cases of H1N1 have been relatively mild, but most people, especially children and young adults, have no immunity to the disease so it is expected to infect many people.

Seasonal and novel H1N1 flu can be spread through coughing or sneezing of people infected with the influenza virus, especially to people within a 6 foot area. People may also become infected by touching an object with flu viruses on it and then touching their mouth, eyes or nose.

# Flu Vaccination



## The Best Defense for Kids & Adults

### ✓ Get vaccinated for seasonal flu now

- **Effective:** On average, the flu shot provides about a 75% effectiveness in reducing flu-related hospitalizations.
- **Protection:** The seasonal flu vaccine protects against certain flu viruses, but not novel H1N1.
- **Options:** A flu shot created from an inactivated virus is available to people 6 months and older. A nasal spray created from live viruses is also available to healthy people between 2 years to 49 years of age.
- **Who:** Seasonal vaccination is recommended every year for people over 6 months of age. It is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions, and all people 65 years and older. People who care for or live with high risk people should also get vaccinated, including health care workers.

### ✓ Get vaccinated for novel H1N1 (swine flu)

- **When:** A new vaccine against novel H1N1 flu is being produced and is expected to be available from mid-October to November 2009. Check [www.beavermedicalgroup.com](http://www.beavermedicalgroup.com) periodically to find out when the H1N1 flu vaccine has arrived.
- **Who:** Depending on supply and demand, the H1N1 vaccination may initially be available to high-risk individuals only. People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.
  - Healthy seniors over the age of 65 are NOT considered high risk for novel H1N1 flu. So far, they have shown greater immunity to the virus, perhaps from a previous outbreak in the 1950's. Children were 14 times more likely to be sickened by H1N1 flu than adults 60 and older, according to a U.S. study of the disease reported in August 2009.
- **Options/Dosage:** The H1N1 flu shot will be given in one or two doses, depending on CDC recommendations. A nasal mist might also be available.

### ✓ How to get vaccinated

- Seasonal flu vaccine is now available at Beaver Medical Group. Patients may:
  - Ask for a flu shot at a regular appointment or
  - Schedule a flu clinic appointment by calling 909-335-4105
- Novel H1N1 flu vaccine will be available by appointment as soon as it arrives.
- Non Beaver patients may pay cash for a flu shot at Beaver Medical Group, or get a low-cost shot at the San Bernardino County Department of Public Health. You may call them at 1-800-722-4794 for more information.

# Flu Treatment



## ✓ Symptoms of the flu

- Fever
- Headache
- Muscle aches
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Stomach symptoms - nausea, vomiting or diarrhea

## ✓ Treat the flu at home

- **Stay at home & rest.** Stay home for at least 24 hours after your fever is gone. Please do not risk exposing yourself or your children to the flu at a medical facility unless necessary.
- Drink plenty of fluids
- Take Tylenol, also known as acetaminophen (if you are not allergic or if your doctor has not advised against it.) Never give aspirin to children.
- Avoid close contact with others
- Women with the flu who are breast feeding infants should consult their doctor and continue to breast feed and increase frequency of feedings. Consider using a pump and use precautions to avoid coughing or sneezing on your baby. Wash your hands often. Follow medical advice if you are severely ill.



## ✓ Seek medical care immediately if you are seriously ill or are at high risk for complications.

Antiviral drugs may be prescribed for relief of symptoms, preferably within the first 2 days. If you are at high risk for complications (pregnant, have a chronic medical condition, etc) call your doctor ASAP.

## ✓ Seek immediate treatment for any of these symptoms:

- Difficulty breathing/ shortness of breath
- High fever not responding to medicine (over 102° - 103°)
- Pain or pressure in the chest or abdomen
- Severe headache
- Severe or persistent vomiting or diarrhea
- Signs of dehydration: dizziness, decreased urination
- Confusion or less responsive than usual
- Earache or drainage from your ear
- Hoarseness, sore throat or a cough that won't go away
- Wheezing
- The mucus you are producing changes; such as a change from clear to thick, yellow-green mucus.

### In addition monitor children for:

- Trouble breathing/ fast breathing
- High fever (over 102°), infants over 100°
- Lack of tears when crying
- Not drinking enough fluids
- Not interacting
- Does not want to be held
- Fever with a rash
- Flu like symptoms that improve, but then return
- Not waking up (call 911)
- Bluish skin color (call 911)

# Getting Medical Care



## ✓ Contact your primary care physician

Call (909) 793-3311 or your local facility number.

## ✓ Call the Nurse Advice Helpline after-hours

If you have a question or concern after the office has closed, simply call (909) 793-3311 or any of the Beaver Medical Group main phone numbers. Registered Nurses staff the phones to assess your situation and to give you medical information and advice for receiving care. The Helpline is available every night from 5:00 pm until 8:00 am the next weekday, and 24 hours a day on weekends and holidays.

## ✓ Visit an Urgent Care Center

**Open every day of the year from 7:00 am to 11:00 pm**

Walk-in to an Urgent Care Center or call ahead to minimize your wait time! You may call first to be screened by a nurse who will determine your needs and let you know the best time to arrive.

### **Redlands Urgent Care Center**

245 Terracina Blvd., Suite 102  
(909) 792-2605

### **Highland Urgent Care Center**

7000 Boulder Avenue  
(909) 862-1191

### **Banning Urgent Care Center**

6109 W. Ramsey Street  
*(Please note this location may move to Beaumont)*  
(951) 845-0313

## ✓ Call for a same-day pediatric visit weekends or holidays

If your child becomes ill on the weekend or a holiday, just call 909-793-3311 in the morning. Same day appointments are available with pediatric medical staff until noon on Saturdays, Sundays and holidays. The triage nurse will instruct you to take your child to the main Redlands office or the Terracina Pediatric office.

## ✓ With very serious symptoms, go to a local hospital emergency room

*Get the latest updates on the flu at [www.beavermedicalgroup.com](http://www.beavermedicalgroup.com).*

References: [www.cdc.gov/flu](http://www.cdc.gov/flu) & [www.flu.gov](http://www.flu.gov)