



Occupational Health System

MED-1 Leonard  
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Phone: 616.459.6331  
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24/7/365 Injury Care & Drug Screens  
Physicals: M-F 7 am-7 pm, Sat 9 am-Noon  
Rechecks by Appointment

MED-1 Breton  
4433 Breton Avenue SE  
Kentwood, MI 49508  
Phone: 616.281.6000  
Fax: 616.281.6038  
Services: M-F 7 am-6 pm  
Physicals: M-F 7 am-5:30 pm  
Rechecks by Appointment

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Holland, MI 49424  
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Fax: 616.494.8273  
Services: M-F 7am-6 pm  
Physicals: M-F 7 am-5:30 pm  
Rechecks by Appointment

[www.med1services.com](http://www.med1services.com)

## Flu Facts—Did You Know?

Each year in the United States, 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu-related complications, and; about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

### Colds vs. Flu



Because colds and flu share many symptoms, it is difficult to tell the difference based on symptoms alone. In general, the flu is worse than the

common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

### How it Spreads

The main way influenza viruses spread is from person to person in respiratory droplets of coughs and sneezes. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their mouth or nose before washing their hands.

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Children may pass the virus for longer than seven days. Symptoms start one to four days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

### Preparing for this year's flu season.

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.



Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. For information about which viruses this season's vaccine will protect against visit [CDC.org](http://CDC.org) Vaccine Selection for the 2011-2012 Season.

### Who should NOT get a flu shot.

Tell your doctor if you -

- ✓ Have any severe (life-threatening) allergies, including eggs. Allergic reactions to influenza vaccine are rare, but can be serious.
- ✓ Ever had a severe reaction after a dose of influenza vaccine.
- ✓ Ever had Guillain-Barre' Syndrome (a severe paralytic illness, also called GBS).
- ✓ Are moderately or severely ill. You may want to reschedule getting the vaccine.