

Academy Health and Wellness

Good day!! My name is Marianne Traverson. I am DWCA's Health and Wellness Director. I have been a registered Nurse for over 37 years. I have worked on different units in the hospital setting and for the last 25 years I was a supervising nurse for the NYC Office of School Health.

Each month I will be sending out useful information regarding different health topics. This month's topic is:

Get Your Flu Vaccine

FLU:

Influenza, commonly known as "**the flu**", is an infectious disease caused by an influenza virus. Symptoms can be mild to severe. The most common symptoms include: high fever, runny nose, sore throat, muscle and joint pain, headache, coughing, and feeling tired. These symptoms typically begin two days after exposure to the virus and most last less than a week. The cough, however, may last for more than two weeks. In children, there may be diarrhea and vomiting, but these are not common in adults. Diarrhea and vomiting occur more commonly in gastroenteritis, which is an unrelated disease and sometimes inaccurately referred to as "stomach flu" or the "24-hour flu". Complications of influenza may include viral pneumonia, secondary bacterial pneumonia, sinus infections, and worsening of previous health problems such as asthma or heart failure.

Usually, the virus is spread through the air from coughs or sneezes. This is believed to occur mostly over relatively short distances. It can also be spread by touching surfaces contaminated by the virus and then touching the eyes, nose, or mouth. A person may be infectious to others both before and during the time they are showing symptoms.

Frequent hand washing reduces the risk of viral spread, as does wearing a surgical mask. Yearly vaccinations against influenza are recommended by the World Health Organization (WHO) for those at high risk. These groups include pregnant women, the elderly, children between six months and five years of age, those with certain health problems, and those who work in healthcare.

<https://en.wikipedia.org/wiki/Influenza>

This year, it is **more important than ever** to get your flu shot. Getting your flu shot is the best way to protect yourself and your loved ones against the flu and its complications. Not only will the flu shot reduce your risk of getting sick from the flu, but it will also help to ensure that NYC's health care resources will be available for those who need them most.

