



# Better Safe!

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

## Q&A With Dr. Donnica: "Flu Vaccine"

**Q:** *I've heard a lot about the flu vaccine, but I was never clear on whether I should get vaccinated or not. Who should get this shot?*

**A:** In my opinion, anyone who wants to resist the flu should get vaccinated, unless they're allergic to eggs! Vaccines can prevent infection in seven to nine out of 10 healthy people under 65 years old and in 30 percent of nursing home residents. Yet only about one in three people under 65 and two out of three people over age 65 get vaccinated.

For more information on the flu vaccine, and the recommended guidelines for vaccination, go out to <http://familydoctor.org/x2084.xml>.

*Source: American Academy of Family Physicians & The American Diabetes Association*



# A Cold vs The Flu

By Donnica L. Moore, MD

**C**olds are a nuisance, but they generally don't interrupt our work or activities.

The "flu" is actually a highly contagious, systemic viral infection by one of many strains of the influenza virus. The flu not only infects the nose, throat, and lungs, but its' symptoms can affect the whole body.

There are 40-90 million cases of influenza reported in the US each year. Nearly 110,000 Americans will be hospitalized with flu complications this coming year.

Business productivity drastically drops due to flu sick time. Total costs, including time lost from work, etc., exceed \$14 billion—all in the four month "influenza season." It results in 69 million lost days from work and 39 million lost days from school for children. Yet we commonly ignore the seriousness of this illness, brushing it off with a casual, "Oh, it's just the flu."



## How Can You Tell If It's A Cold Or The Flu?

	Symptoms Of A Cold	Symptoms Of The Flu
<b>Onset</b>	gradual	sudden
<b>Fever</b>	rare	high (over 101° F); lasts 3-4 days
<b>Cough</b>	hacking	nonproductive; can become severe
<b>Headache</b>	rare	prominent
<b>Muscle Aches</b>	slight	characteristic; can be severe
<b>Fatigue/Weakness</b>	very mild	early and prominent
<b>Extreme Exhaustion</b>	rare	can last 2-3 weeks
<b>Chest Discomfort</b>	mild to moderate	common
<b>Stuffy Nose</b>	very common	sometimes
<b>Sneezing</b>	very common	sometimes
<b>Sore Throat</b>	very common	sometimes

