

## MEMORANDUM

To: Public Safety Subcommittee

From: Zuzzette Bricker, Office of Emergency Management Program Manager

Date: December, 2017

Subject: 2017-2018 Flu Season

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**Mission:** The Office of Emergency Management is responsible for minimizing the impact of natural and man-made disasters by establishing readiness through city-wide prevention, preparedness, response, recovery and mitigation.

**Current Preparedness Level:** SEMS is the system required by Government Code §8607 (a) for managing response to multi-agency and multi-jurisdiction emergencies in California. SEMS provides for a multiple level emergency response organization and is intended to structure and facilitate the flow of emergency information and resources within and between the organizational levels.

### 2017-2018 Flu Season

#### New Flu Information for 2017-2018:

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school, as well as prevent flu-related hospitalizations. In 2017, a study in Pediatrics was the first of its kind to show that flu vaccination also significantly reduced a child's risk of dying from influenza. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women, and people with certain long-term health conditions who are more vulnerable to serious flu complications.



#### What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. Some people, such as the elderly, young children, and people with certain health conditions, are at high risk of serious flu complications. The best way to prevent the flu is by getting a flu **vaccine** each year.



## Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.



*\*It's important to note that not everyone with flu will have a fever.*

## How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

## Period of Contagiousness

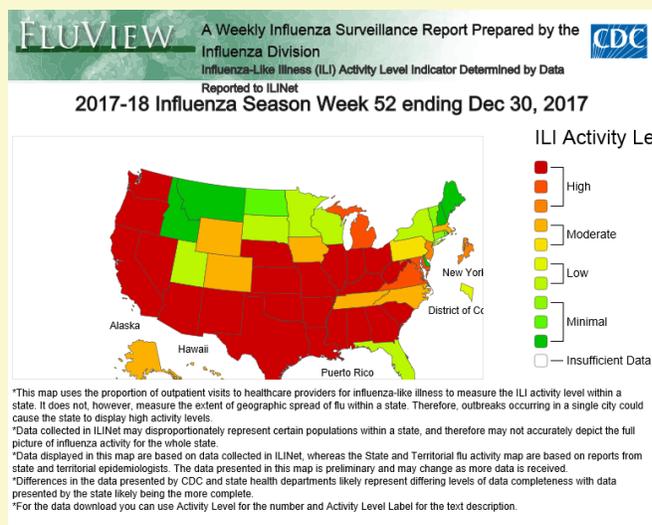
You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

## Onset of Symptoms

The time from when a person is exposed to flu virus and infected to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

## What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.<sup>1</sup>



<sup>1</sup> Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)