

CANES HEALTH CORNER



Seasonal flu vs. H1N1 flu

The H1N1 flu virus is very different from types of seasonal viruses. National public health officials are concerned because this virus appears to remain active through the summer months unlike the seasonal flu.

Symptoms

The symptoms of both the seasonal flu and H1N1 flu are very similar. It may require a lab test to determine whether a person has the seasonal or H1N1 flu.

The symptoms include:

- Chills and fever (102-103° F)
- Headache
- Muscle aches and pains
- Sore throat, dry cough
- Runny nose, nasal congestion
- Fatigue, weakness, loss of appetite
- People may be infected with the flu, and have respiratory symptoms without a fever.

Some people infected with the H1N1 flu virus also have experienced vomiting and diarrhea.

TREATMENT

Analgesics — These medications relieve aches and pains, and reduce fever.

Antihistamines — These medications block histamines, which help dry a runny nose and watery eyes. They often cause drowsiness.

Expectorants — These medications work by thinning mucus so that it can more easily be coughed up.

Cough Suppressants — These medications work by quieting a cough. They are usually recommended for dry coughs where you are not producing mucus.

Decongestants — These medications work by reducing nasal congestion.

PREVENTION



Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®)

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.



STAPH VS MRSA



The **symptoms of MRSA** and the **symptoms of Staph** are not only similar but are also commonly mistaken for other infections or spider bites. This makes proper diagnosis of either Staph infection symptoms or MRSA symptoms very important so you get the correct medical attention as soon as possible.

The most common visible MRSA symptoms are: bumps, pimple-like lumps, or blisters on the skin. Lumps on the skin are often accompanied by swelling and reddening of the surrounding skin area. The center of the lump often has a white or yellow pus filled head, which sometimes drains on its own.

The lumps are often tender, itchy and warm to the touch and can become deep sores with increasing pain and swelling if left unchecked. The color of the surrounding skin area is often red to purple and may begin to spread as the infection progresses.

TREATMENT

SEEK MEDICAL ADVISE TO DETERMINE MRSA VS. STAPH!!

Prevention

1. wash your hands
2. keep wounds covered, no matter how small!
3. avoid sharing personal items such as towels, sheets, razors, clothing and athletic equipment.
4. if you have cut or sore, wash towels linens using detergent and hot water with beach, dry in hot dryer.

