

GET A FLU SHOT
NOT THE FLU !

SPECIAL
POINTS OF
INTEREST:

- Hand washing is the most effective way to prevent infection
- Use good Respiratory Hygiene to help stop the spread of colds and respiratory infection
- Stay home when you are sick with a fever

Think About Infection Control in the Community

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Seasonal Influenza

Cold weather is upon us and that means it is cold and flu season. The flu vaccine is available at most doctor's offices and area clinics beginning in Oct. The Washington County Public Health office flu clinic schedule is available for reference and printing under the clinic section of this website.

Respiratory Etiquette is important for everyone to practice. Respiratory Etiquette is covering your nose or mouth when you cough or sneeze by using the crook of your elbow or at least using a tissue. Hands should then be washed as soon as possible. Using an alcohol based hand gel is a convenient and quick way to wash hands to prevent the spread of germs to other people or surfaces.



These hand sanitizers also can protect your hands after having contact with others or touching dirty surfaces.

Hand washing is the most effective prevention for fighting infection

Is it a cold or the flu? The flu is most often accompanied by a fever while a cold is not. The flu is also accompanied by general aches and pains and fatigue. A cold usually has the symptoms of a running or stuffy nose and possible a sore throat. These are sometimes seen with the flu but not as a regular pattern.

If left untreated, the flu can cause more serious respiratory complications such as pneumonia or bronchitis which can be life-threatening.

The very young and the elderly are more greatly affected by Influenza. It is important for everyone to receive an annual flu shot to help prevent infection from spreading in our community.

MRSA (Methicillin Resistant Staph Aureus)

Recently we have been hearing a lot about a type of staph infection called MRSA. This "bug" has been around for many years. Recently, however, because of concerns with how this germ is affecting certain people, mainly children and the elderly. Everyone needs to take some com-

mon sense precautions that will reduce chance of becoming infected. In addition to hand washing, it is very important **NOT** to share any personal care items. These items include towels, bedding, toiletry items such a tooth brushes, wash cloths, razors, chapstick, drinking cups and

clothing items that have not been properly laundered.

It is also good practice to make use of the antimicrobial wipes that you see in the area grocery stores to wipe off shopping carts.

If you notice an unusual skin rash, or boil, talk to your doctor.

<http://www.co.washington.ny.us>