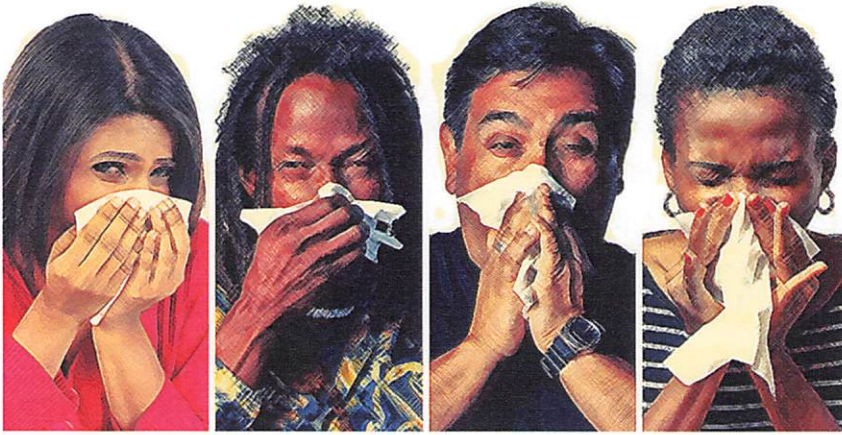


DC37 Safety & Health Fact Sheet

INFLUENZA (FLU) 2019-2020



Influenza(Flu) is a contagious respiratory illness caused by influenza viruses. The Flu is unpredictable and constantly changing and that is why there are new strains every year (ie: Bird Flu, Swine Flu, H1N1, H3N2).

Symptoms may include

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Running or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting & Diarrhea, more common in children

Diagnosis

Flu tests can detect influenza viruses in respiratory specimens. Your Health Care Provider administers the test to determine if you have the flu. Results can take one to several hours, depending upon the diagnostic test selected.

Prevention & Treatment

Your Health Care Provider will determine the best treatment options for you and your family. People at risk for flu complications are young children, adults 65 and older, pregnant women, and those with pre-existing medical conditions and/or compromised immune systems. The following protocols should be followed:

- **Take prescribed Antiviral Drugs.**
- **Stay home until you are better.**
- **Limit contact with others to keep from infecting them.**
- **Cover nose & mouth with tissue or sleeve when you cough or sneeze.**
- **Wash hands often with soap & water. If soap and water are not available, use an alcohol-based hand sanitizer.**
- **Get the Flu shot, it's not too late.**
- **Clean & disinfect surfaces and objects that may be contaminated with Influenza germs.**

The NYC Health+Hospitals Corp. reports 15 million flu cases, 150,000 hospitalizations and 8,000 deaths all attributed to the 2019-2020 flu strains. In contrast, there are currently no cases of the Novel Coronavirus, Covid-19, in NYC.

For more information, see links below:

health.ny.gov/prevention/immunization/health_care_personnel
NYC DOHMH – www1.nyc.gov/site/doh/health/health-topics/flu-seasonal.page
health.ny.gov/diseases/communicable/influenza/seasonal/
cdc.gov/flu/

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DC37 Safety & Health Fact Sheet

2019 Novel Coronavirus (Covid-19)

There is a new Coronavirus strain that causes respiratory illnesses and can be transmitted from person to person. The 2019 Novel Coronavirus (Covid-19) strain was discovered and identified in Wuhan, China during an investigation into an outbreak of respiratory illnesses.

Symptoms may include

- Fever
- Headache
- Running nose
- Sore throat
- Cough

This Novel Coronavirus strain can cause lower respiratory tract illnesses such as bronchitis or pneumonia. People with cardiopulmonary disease or weakened immune systems along with the elderly and young children may be more susceptible to complications from this virus.

Diagnosis

The coronavirus is diagnosed through laboratory testing. At this time testing is done at the Centers for Disease Control (CDC). There is no vaccine or medication for the virus, at this time. People presenting possible symptoms should seek medical attention.

Prevention

It is advised that the same precautions used during cold & flu season be implemented:

- Cover nose and mouth with tissue or sleeve when coughing or sneezing.
- Wash hands often with soap and water. You can use an alcohol-based hand sanitizer if soap and water aren't available.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Stay home if not feeling well.
- Clean and disinfect frequently touched objects and surfaces.
- Get the flu shot, it's not too late.
- Avoid close contact with anyone showing symptoms of respiratory illness.

At this time there are NO coronavirus cases in NYC.

For more information, see links below:

For Health Care Professionals
NYC DOHMH
NYS Health Dept.
Centers for Disease Control

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