

Warning Signs

Be aware of these warning signs and seek emergency medical care if you or someone you know experiences any of the following:

IN CHILDREN:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and a cough worse than before
- Fever with a rash

IN ADULTS:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



Resources

CRDAMC Specific APHN
254-287-6789

FOR CLINICAL CONCERNS

Questions about vaccine side effects:

DOD Vaccine Health Care Center
24-hours Center:

202-782-0411 (from 8 am to 4 pm)

866-210-6479 (after hours)

Secure messages can be sent through
www.vhcinfo.org

GENERAL INFORMATION ABOUT FLU:

US Army Public Health Command (Provisional)

<http://phc.amedd.army.mil/home/>

US Centers for Disease Control and Prevention

www.cdc.gov/flu



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FH MDA HO 876
1 September 2012



ARMY MEDICINE
Serving To Heal...Honored To Serve



Flu Facts

DARNALL
ARMY MEDICAL CENTER

The Center for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone above the age of 6 months. This means YOU! Remember, if you don't get the flu, you don't spread the flu!

CRDAMC encourages everyone to get the flu vaccine early. While flu activity commonly peaks in the U.S. in January or February, flu can strike early in the fall. Protect yourself before the peak months to help fight off the flu the entire season.

CRDAMC is committed to excellence and protecting our work force and our patients are our top priority. Your participation is critical in maintaining a healthy force!

This season at Carl R. Darnall AMC

This year's flu vaccine is designed to protect us against the three main flu strains that research indicates will cause the most illness: the 2009 H1N1 influenza strain and two other seasonal flu strains. Therefore, you need only one vaccine this year to protect you from the flu.

In September, the flu vaccine will be available to active duty military & health care workers. Following that the flu vaccine will be offered to all eligible beneficiaries.

For more information about flu vaccine availability, please contact your assigned clinic.



Actions you can take to help Prevent the flu

- Get the flu vaccine early in the season
- 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.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If no tissue is available, cough or sneeze into your elbow.
- Try to avoid close contact with sick people.

Be on the alert for these Flu Symptoms

Flu-like symptoms include (high) fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and sometimes diarrhea and vomiting. Most healthy people recover from the flu without complications.

Should you feel sick with any of these symptoms:

- Stay home for at least 24 hours after your fever is gone (without the use of a fever-reducing medicine).
- Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.
- Check with your health care provider for best treatment options.
- Limit contact with others to keep from infecting them.



Get Immunized!