UCR FPL Group 4

In Sickness & In Health
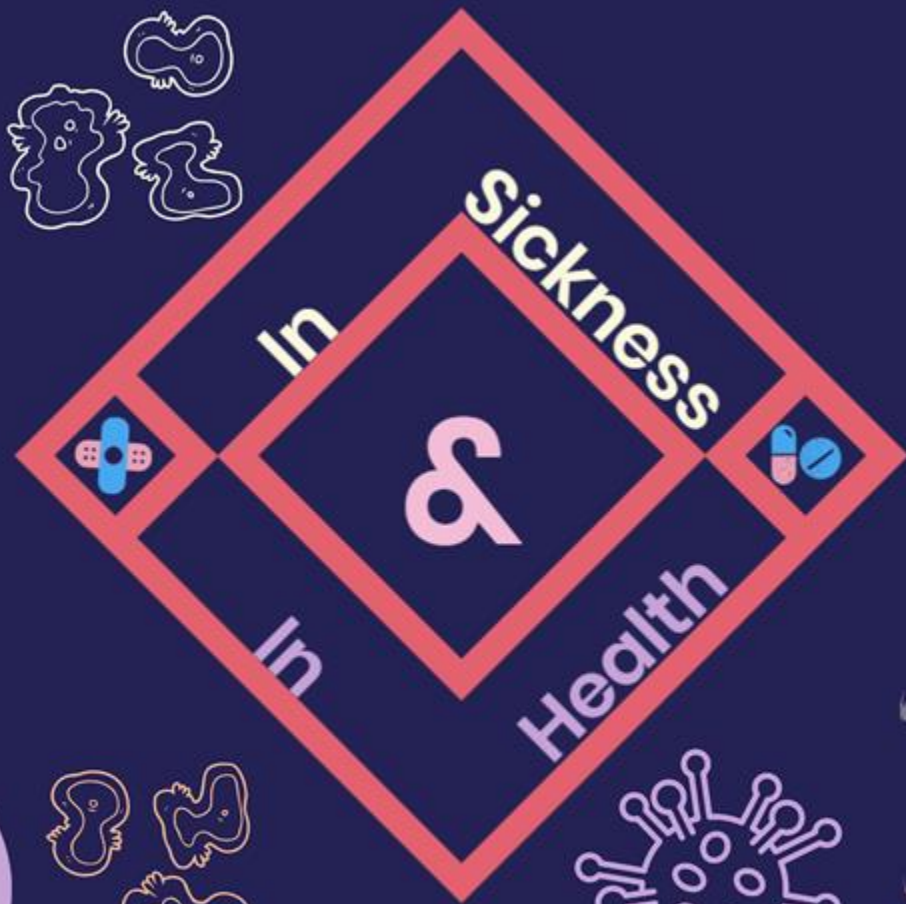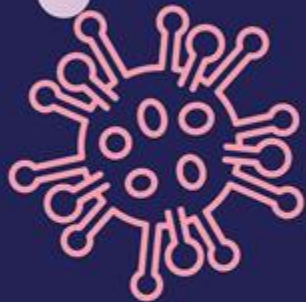
Arshia Aghasharif
Ana Granados
Julia Morales
Stacey Amery Dela Serna

MEET THE TEAM

Julia Morales

Arshia Aghasharif

Stacey Dela Serna

Ana Granados

OUR PRE-SURVEY

https://bit.ly/2VDAnZs

What Will I Learn Today?

- How to identify the flu

- How to avoid getting sick

- Coachella Valley Healthcare Resources

What is the Flu?

Severe respiratory viral infection

Duration: 4-14 days

People at a higher risk

THE FLU

39,000,000 – 56,000,000
flu illnesses

18,000,000 – 26,000,000
flu medical visits

410,000 – 740,000
flu hospitalizations

24,000–62,000
flu deaths

IMMEDIATE MEDICAL ATTENTION

For Children
Fast/troubled breathing
Severe dehydration
Fevers above 104°F or 40°C

Children & Influenza (Flu). (2019, October 23). Retrieved July 07, 2020, from https://www.cdc.gov/flu/highrisk/children.htm

Virus **VS** Bacteria

Virus	Bacteria
Only grow & reproduce in host	Live everywhere!
Submicroscopic	Giant compared to a virus
Viral infection is systemic and spreads throughout body	Bacterial infections are localized to 1 area of human body
Ex: Influenza, HIV, COVID-19	Ex. pneumonia, tuberculosis, & food poisoning

Bacterial vs. Viral Infections

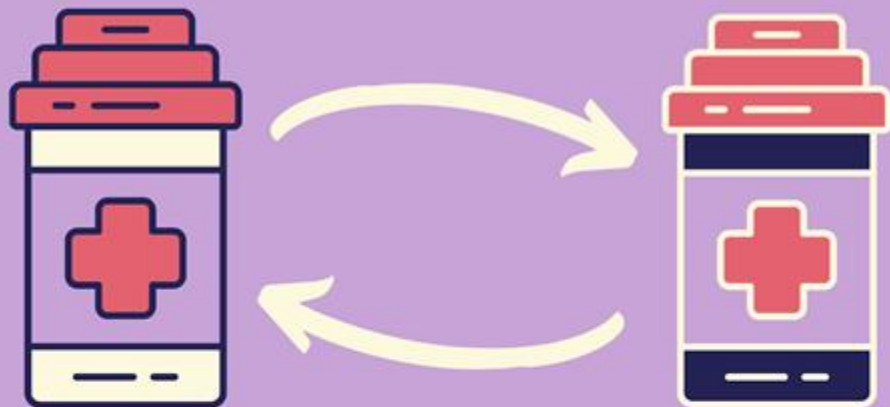## Antibiotics can only treat bacterial infections, NOT viral infections!

Common condition: What's got you sick?	Common Cause			Are antibiotics needed?
	Bacteria	B or V	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle Ear infection		✓		Maybe
Bronchitis/chest cold		✓		No
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

Diagnosis

Bacterial Infections:

- Antibiotics if prescribed
  - Antibiotic resistance
- Be aware of side effects
- ALWAYS finish antibiotic prescription

Viral Infection or Bacterial Infection: What's the Difference? (2019, October 08). Retrieved from https://urgentmednetwork.com/viral-infection-bacterial-infection-difference/

Diagnosis

Viral Infections:

- Alternating between Tylenol & Ibuprofen
- Zinc within 24 hours of symptoms
- Wait it out

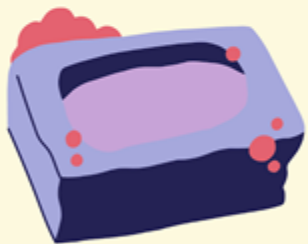Doheny, K. (2007, October 18). Flu Survival Kit: A Self-Care Kit for the Home. Retrieved from https://www.webmd.com/cold-and-flu/features/flu-survival-kit#1

Singh, M. (2011). Zinc for the common cold. Prescriber, 22(5), 10-10. doi:10.1002/psb.722

How to Avoid Getting Sick:

STOP THE SPREAD

Avoid Touching Face

Wash Hands with Soap for 20 Seconds

Avoid Contact with Sick People

(Center for Disease and Control, 2019)

LIVE A HEALTHY LIFESTYLE
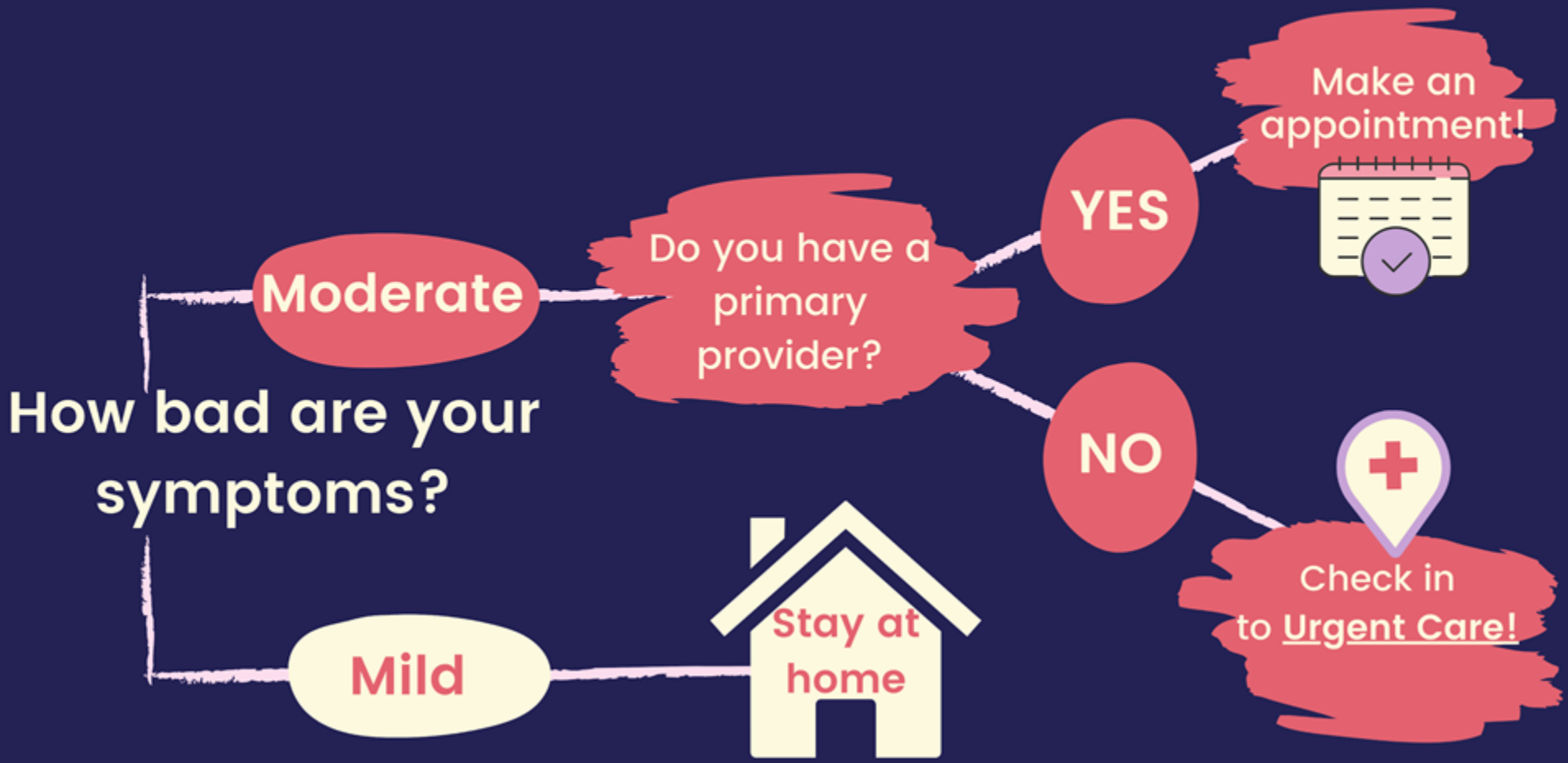
Exercise

Eat fruits & vegetables

8 hours of sleep

BONUS: ANNUAL FLU VACCINATIONS
Everyone 6 months and older

WHY GO TO URGENT CARE?

	COST	ACCESSIBILITY	EFFICIENCY
URGENT CARE	$184.55 (2011)	15 in Coachella Valley	15-45 minutes
EMERGENCY ROOM	$969.00 (2010)	3 in Coachella Valley	2.4 hours

Urgent Care Center vs. Emergency Room. (n.d.). Retrieved July 07, 2020, from https://www.solvhealth.com/faq/urgent-care-center-vs-emergency-room
What's the Difference Between an Urgent Care and an Emergency Room? (2020, March 20). Retrieved July 01, 2020, from https://www.experityhealth.com/resources/whats-the-difference-between-urgent-care-and-emergency-room/
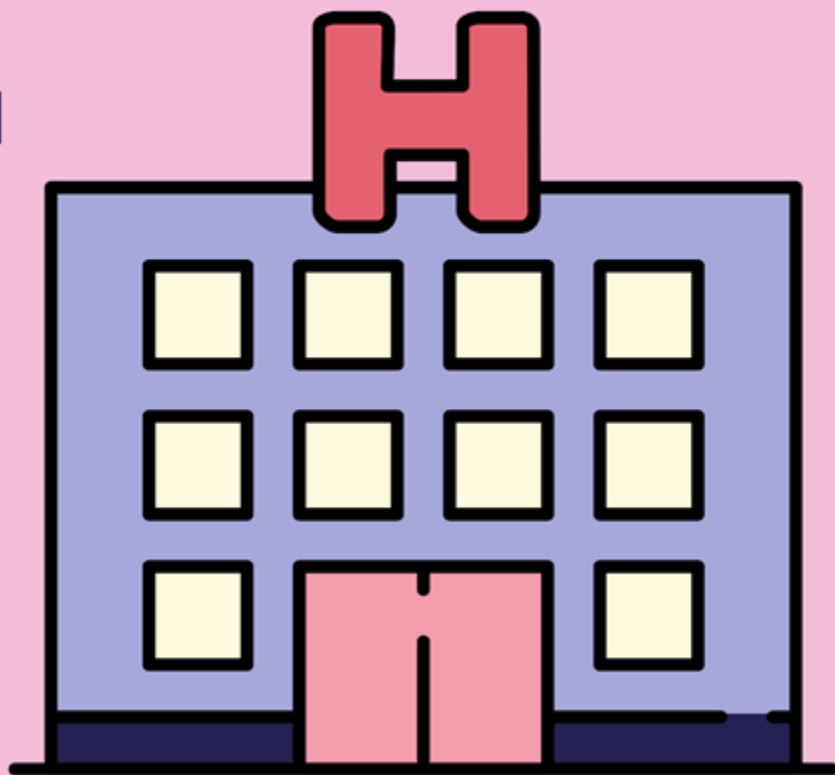
WHEN TO GO TO AN EMERGENCY ROOM:

IF YOU HAVE A LIFE-THREATENING CONDITION SUCH AS:

- Chest pain
- Difficulty Breathing
- Stroke
- Severe Bleeding
- Loss of Vision

Quick Breakdown: Stroke

A <u>STROKE</u> is when the arteries in the brain is blocked or bursts. The brain does not get enough oxygen or nutrients.

(American Heart Association, 2019)

Spot a Stroke ™

F.A.S.T.

FACE Drooping

ARM Weakness

SPEECH Difficulty

TIME to Call 911

COMMUNITY RESOURCES:

Borrego Health

Need assistance on finding low-cost doctor appointments and vaccines?

CVHIP

Find the nearest resource for free or reduced cost services like medical care, food, job training, and more.

CVVIM

A free health center providing healthcare to medically underserved Coachella Valley adult residents, even with NO insurance.
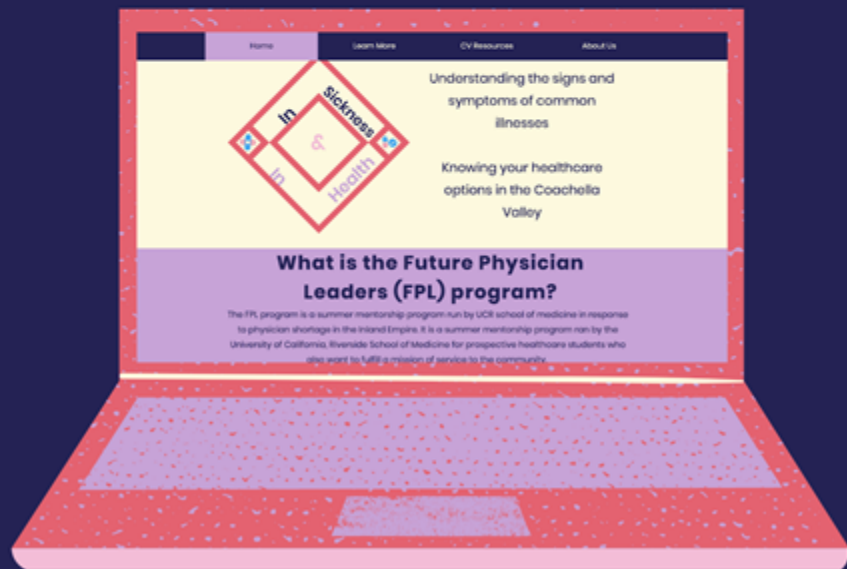
OUR POST-SURVEY

https://bit.ly/31RGRIn

OUR WEBSITE

fplcoldandflu.wixsite.com/GetEducated

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