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

U.S. Department of Health and Human Services. Influenza. National Institute of Allergy and Infectious Diseases
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

U.S. National Estimation done by CDC in October 1, 2019 - April 4, 2020
IMMEDIATE MEDICAL ATTENTION

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

<table>
<thead>
<tr>
<th>Virus</th>
<th>vs</th>
<th>Bacteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Only grow &amp; reproduce in host</td>
<td></td>
<td>Live everywhere!</td>
</tr>
<tr>
<td>Submicroscopic</td>
<td></td>
<td>Giant compared to a virus</td>
</tr>
<tr>
<td>Viral infection is systemic and spreads throughout body</td>
<td></td>
<td>Bacterial infections are localized to 1 area of human body</td>
</tr>
<tr>
<td>Ex: Influenza, HIV, COVID-19</td>
<td></td>
<td>Ex. pneumonia, tuberculosis, &amp; food poisoning</td>
</tr>
</tbody>
</table>

# Bacterial vs. Viral Infections

Antibiotics can only treat bacterial infections, NOT viral infections!

<table>
<thead>
<tr>
<th>Common condition: What's got you sick?</th>
<th>Common Cause</th>
<th>Are antibiotics needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strep throat</td>
<td>✅</td>
<td>Yes</td>
</tr>
<tr>
<td>Whooping cough</td>
<td>✅</td>
<td>Yes</td>
</tr>
<tr>
<td>Urinary tract infection</td>
<td>✅</td>
<td>Yes</td>
</tr>
<tr>
<td>Sinus infection</td>
<td>📈</td>
<td>Maybe</td>
</tr>
<tr>
<td>Middle Ear infection</td>
<td>📈</td>
<td>Maybe</td>
</tr>
<tr>
<td>Bronchitis/ chest cold</td>
<td>✅</td>
<td>No</td>
</tr>
<tr>
<td>Common cold/ runny nose</td>
<td>📈</td>
<td>No</td>
</tr>
<tr>
<td>Sore throat (except strep)</td>
<td>📈</td>
<td>No</td>
</tr>
<tr>
<td>Flu</td>
<td>📈</td>
<td>No</td>
</tr>
</tbody>
</table>
Diagnosis

Bacterial Infections:

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

Viral Infections:

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

How to Avoid Getting Sick:

**STOP THE SPREAD**
- Avoid Touching Face
- Wash Hands with Soap for 20 Seconds
- Avoid Contact with Sick People

**LIVE A HEALTHY LIFESTYLE**
- Exercise
- Eat fruits & vegetables
- 8 hours of sleep

**BONUS: ANNUAL FLU VACCINATIONS**
Everyone 6 months and older

(Center for Disease and Control, 2019)
I FEEL SICK! WHERE DO I GO?

How bad are your symptoms?

- Mild: Stay at home
- Moderate: Do you have a primary provider?
  - Yes: Make an appointment!
  - No: Check in to Urgent Care!
## WHY GO TO URGENT CARE?

<table>
<thead>
<tr>
<th>URGENT CARE</th>
<th>COST</th>
<th>ACCESSIBILITY</th>
<th>EFFICIENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$184.55 (2011)</td>
<td>15 in Coachella Valley</td>
<td>15-45 minutes</td>
</tr>
<tr>
<td>EMERGENCY ROOM</td>
<td>$969.00 (2010)</td>
<td>3 in Coachella Valley</td>
<td>2.4 hours</td>
</tr>
</tbody>
</table>


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 STROKE is when the arteries in the brain is blocked or bursts. The brain does not get enough oxygen or nutrients.

Spot a Stroke™
F.A.S.T.
FACE Drooping
ARM Weakness
SPEECH Difficulty
TIME to Call 911

(American Heart Association, 2019)
COMMUNITY RESOURCES:

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

**CVHHP**
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

OUR WEBSITE
fplcoldandflu.wixsite.com/GetEducated
References


References continued


