

Flu:

Who is most likely to catch the flu?

The people most susceptible are the people with weakened immune systems, such as young children and the elderly. Anyone can catch the flu and have potential side effect though.

How does the flu spread?

The flu is spread by droplets release when an infected person coughs, sneezes, or talks. This is why it is so important to cover your mouth when you sneeze or cough. It can also spread by touching infected surfaces such as counters, table tops, and blankets; although this is less common.

What are some potential side effects?

A few side effects include sinus infections, ear infections, pneumonia, dehydration, and worsening of chronic illnesses such as asthma and diabetes.

How long are you contagious?

You can be contagious from 1 day before onset of symptoms to 5-7 days after. Children and adults with weakened immune systems could be contagious for even longer.

How do you diagnose the flu?

If you think you have the flu, you should see your doctor immediately, since the symptoms of the flu typically overlap with many illnesses. We have diagnostic test that can be done.

How do you treat the flu?

For those who have weakened immune systems, asthmas, or other chronic conditions we may prescribe the antiviral Tamiflu. Tamiflu only helps ease symptoms and reduce the duration of the illness, it works best within 48 hours of your symptoms starting.

How do you prevent the flu?

Getting the flu vaccine is the best way to prevent the flu! Anyone 6 months and older can receive the flu vaccine and we recommend they do. If you have a newborn or are pregnant, YOU getting the flu vaccine is the best way to prevent the flu. Good hand washing during the winter, eating healthy, staying hydrated, and avoiding contact with people who are sick is another way to prevent it.

If you are a patient, you can get your flu shot at any of the Surf Pediatrics and Medicine locations! Call today to schedule your appointment!