

MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

Fight the Flu

If you have not had the flu yet, I'm sure you know several people that have had it. It is a serious concern, spreading quickly through entire families and offices, and leaving slowly.

According to the CDC, deaths from influenza and pneumonia, which are closely tied to each other in the winter months, were responsible for 1 of every 10 deaths the first week of February. The death toll in future weeks is expected to grow even higher because flu activity is still rising—and the number of deaths follow the flu activity. Hospitalization rates are already approaching total numbers seen at the end of the flu season, which may not be for months.

Can I get the flu again even if have already had it once this season?

YES

It is possible to catch the flu twice in one season. That's because there are multiple strains of flu viruses circulating at any one time, said Dr. William Schaffner, an infectious-disease specialist at Vanderbilt University Medical Center in Nashville. So getting sick with one strain of flu won't necessarily protect you from a different strain.

Seasonal flu shots contain three to four strains of flu virus, because there isn't much "cross protection" between strains, Schaffner said. It's possible that getting sick with one type of influenza A virus would offer some modest protection against another type of influenza A, but it probably wouldn't give you any protection against the influenza B virus.

If you do catch the flu, and you haven't received the flu vaccine for the season, doctors generally recommend that you still get a flu shot after you're no longer sick.

Getting a flu shot is at the top of the list on recommendations to prevent getting the flu. We all know this, but some of us choose, for a multitude of different reasons, not to get the shot. **So what are some other ways we can fight back and avoid the flu?**

- Wash your hands. Don't just rinse them off with water; use soap & lather up.
- Use hand sanitizer when can't wash. Keep some in your vehicle to use when come out of stores and other public areas.
- Wear a mask if you absolutely must go into a hospital or doctor's office, as a visitor or patient.
- Cover coughs and sneezes properly – either into a tissue and then immediately throw the tissue away, or else cough or sneeze into your upper sleeve.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces and objects that may be contaminated with germs. Basically Lysol everything ... door knobs, work surfaces, faucet handle, coffee pot & refrigerator handles, and even the air.

Ways to fight sickness that are not so commonly known...

- Include more garlic & honey in your diet; both have antibacterial and antimicrobial properties. Also don't forget the oranges & lemons for vitamin C.
- Sleep - getting your 7-9 hours a night means your body can repair and heal itself and ward off infections.
- Use a q-tip and apply a thin layer of triple antibiotic ointment inside each nostril. It creates a barrier against germs entering your body.
- Listen to your favorite music. We all know that certain music makes us feel good, but did you know that it could also boost your immune system.

For more info contact – Leslie Woolington
MAFES /MSU-EXTENSION
Risk Mgmt. / Loss Control
(662) 325-3204

Excerpts :
<http://fortune.com/2018/02/10/american-flu-deaths/>
<https://www.livescience.com>
<https://www.nib.com.au/the-checkup/healthy-living>