

If you think you have the flu and would like to see a doctor, please call any of our community based health centers to make an appointment



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| 1 Jamaica Hospital Medical Center
8900 Van Wyck Expressway
718-206-6000 | 10 Medisys Family Care Center- Hollis Tudors
200-16 Hollis Avenue
718-736-8204 | 19 Brookdale Family Care Center- Linden Boulevard
2554 Linden Boulevard
718-240-8600 |
| 2 Flushing Hospital Medical Center
4500 Parsons Blvd.
718-670-5000 | 11 Medisys Family Care Center- Howard Beach
157-02 Cross Bay Blvd.
718-323-3590 | 20 Brookdale Family Care Center- New Lots
465 New Lots Avenue
718-240-8950 |
| 3 Brookdale University Hospital and Medical Center
Linden Blvd & Rockaway Pkwy
718-240-5000 | 12 Medisys Family Care Center- Jamaica
90-16 Sutphin Boulevard
718-523-5500 | 21 Brookdale Family Care Center- Pennsylvania
1110 Pennsylvania Avenue
718-649-5519 |
| 4 Peninsula Hospital Center
51-15 Beach Channel Drive
718-734-2000 | 13 Medisys Family Care Center- Ozone Park (Clock tower)
91-20 Atlantic Avenue, Suite 2
718-641-8207 | 22 MediSys Nursing Home- Peninsula Center for Extended Care and Rehabilitation
5015 Beach Channel Drive
718-734-2000 |
| 5 Medisys Family Care Center – Astoria
4-21 27th Avenue
718-278-6885 | 14 Medisys Family Care Center - St. Albans
171-23 111th Avenue
718-206-9888 | 23 MediSys Nursing Home
Schulman and Schachne Institute
9620 Church Avenue Brooklyn
718-240-6909 |
| 6 Medisys Family Care Center- Axel (Dental)
134-20 Jamaica Avenue
718-206-6980 | 15 Medisys Family Care Center- Women's Health Center
133-03 Jamaica Ave
718-291-3276 | 24 MediSys Nursing Home—Trump Pavilion
89-40 135th Street
718-206-5000 |
| 7 Medisys Family Care Center- East New York
3080 Atlantic Avenue
718-647-0240 | 16 Brookdale Family Care Center- Atlantic
1883 Eastern Parkway
(718) 240-8700 | 25 MediSys Facilities—Adult Day Care Center
9620 Church Avenue
718-240-6909 |
| 8 Medisys Family Care Center- Family Care Center
133-03 Jamaica Ave
718-657-7093 | 17 Brookdale Family Care Center- Bristol
1380 Linden Boulevard
718-240-5071 | 26 MediSys Facilities—Advanced Bariatric Center
9413 Flatlands Avenue
718-240-8446 |
| 9 Medisys Family Care Center- Hollis
188-23 Jamaica Avenue
718-740-2060 | 18 Brookdale Family Care Center- Flatbush Ave
1095 Flatbush Avenue
718-240-8800 | |

MediSys Health Network
www.medisyshealth.org

INFLUENZA FACTS



What is Influenza (flu)?

Influenza (or flu) is a seasonal respiratory (lung) infection that causes fever and a cough or sore throat. It is most common during the fall and winter months. H1N1 influenza (“swine flu”) is caused by a virus that recently emerged in Mexico and the United States and has spread throughout the world. So far, there is no evidence that H1N1 influenza is any more, or less, severe than seasonal flu. While most cases are mild and most people recover quickly without medical treatment, hospitalizations are increasing as the overall number of cases increase. In some people, H1N1 can cause severe illness and death.

I’ve heard so much about the flu. How do I know what is factual?

Despite several myths about the flu, you should know the following:

- Although you may have never contracted the flu and don’t think you need to get vaccinated, you may still become infected, display mild or no symptoms, and pass the virus to your family and friends.
- It is impossible to contract influenza from the vaccine, which contains inactivated (killed) virus or attenuated (weakened) virus.
- Seasonal flu vaccine will not work against H1N1 flu. To protect against both kinds of flu, you will need two different vaccinations- one for seasonal flu and one for H1N1.
- The flu vaccine is not effective immediately; it takes two weeks to provide protection from the flu.



What are the symptoms of influenza?

H1N1 influenza symptoms resemble those of the seasonal flu:

Seasonal Flu All types of flu can cause: <ul style="list-style-type: none">• Fever• Coughing and/or sore throat• Runny or stuffy nose• Headaches and/or body aches• Chills• Fatigue	H1N1 (Swine) Flu Similar to seasonal flu. A significant number of H1N1 flu cases also exhibited the additional symptoms: <ul style="list-style-type: none">• Vomiting• Diarrhea
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How is the influenza virus spread?

The flu virus is spread mainly through respiratory droplets that are released when an infected person coughs or sneezes. People in close proximity to the

infected person (about 3 feet) can become infected if these droplets contact the mouth or nose. Influenza viruses may also spread when a person touches respiratory droplets on another person or object, and then touches his or her own mouth or nose.



How long is a person with flu contagious? How long should I stay home?

The contagious period varies but is thought to be less than seven days in most cases.

If you are sick, stay home at least 24 hours after you no longer have a fever (100 degrees Fahrenheit) or signs of a fever (have chills, feel very warm, have a flushed appearance or are sweating). This should be determined without the use of fever-reducing medicines. The same guidelines should be followed even if you are on antiviral medicines.

If a member of your household is sick, you may still go to work. It is important that you monitor your health.

When should I go to the emergency room or hospital?

Most flu cases are mild, however, if you have a medical condition such as heart disease, immune deficiency, diabetes, or asthma OR your symptoms have worsened and become more severe, you should immediately go to a hospital emergency room.

In adults, the signs of severe or worsening illness include:

- Rapid breathing, difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Bluish skin color
- Dizziness or confusion
- Increasing fever
- Severe or persistent vomiting

In children, the signs of severe or worsening illness include:

- Increased fever
- Rash
- Rapid or difficult breathing
- Bluish skin color
- Irritability
- Lack of responsiveness (no waking up or not interacting)
- Not drinking enough fluids



Do not go to the emergency room for mild flu-like symptoms if you have no underlying medical condition. There will be no influenza testing in the room. Testing does not affect treatment or medical advice and will only be used to confirm influenza infection if you are critically ill.

Who is at greater risk for complications of influenza?

Infants, toddlers, seniors and pregnant women are at increased risk of severe illness or complications from influenza. So are people with the following underlying health conditions:



- People with chronic lung problems, such as asthma or emphysema
- People with chronic heart, kidney, live or blood disorders
- People with neurological disorders that can cause breathing problems
- People with diabetes
- People whose immune systems are weakened due to illness or medication
- People under 18 years who are on long-term aspirin

If you or a family member meet one of these definitions and you develop flu-like illness, please call your doctor or clinic to discuss treatment.

How can I protect myself from influenza?

Here are the best ways to avoid getting or spreading flu:

- Vaccination is the best protection against contracting the flu. The seasonal flu vaccine is different from the H1N1 flu vaccines. Health officials recommend that people get both vaccinations.
- Wash your hands with soap and water for at least 20 seconds (the time it takes to sing “Happy Birthday” twice). Be sure to wash both sides of the hands, between the fingers and under the nails. That is the best way to keep your hands from spreading the virus.



Alcohol-based hand cleaners containing at least 60% alcohol are also effective. After applying the hand cleaner, rub hands until dry.

- Cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue

afterward. If you don’t have a tissue, cough or sneeze into your sleeve, using the bend in your arm to cover your nose and mouth.

- Routinely clean frequently-touched surfaces and objects, such as a desk, keyboard, pen or doorknob. This is especially important because the flu virus can live on hard objects for up to eight hours. Use general household cleaners or soap or water. As a precaution, disinfectants can also be used.
- Don’t share dishes, glasses, or eating utensils until they have been washed.
- Don’t share food or drinks with others.



How is flu treated?

- Resting and drinking plenty of fluids is a great and effective way to treat flu.
- Fever-reducing medications, medicines that contain acetaminophen (Tylenol for example) or ibuprofen, can help people with the flu by bringing their fever down and relieving their pain. Aspirin (acetylsalicylic acid) should not be given to children or teenagers who have the flu.
- Antiviral medicine can also be used to prevent or treat flu viruses. There are two types of antiviral medicines that can make your illness milder and make you feel better, Oseltamivir (Tamiflu) and Zanamivir (Relenza).

How can I get the flu vaccine?

For a complete list of all New York City facilities offering vaccines, please visit

<http://nyc.gov/html/doh/flu/html/home/home.shtml>

or call 311 for more information.