

Stopping the Spread of Germs

STATISTICS:

- Influenza ("the flu") is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can cause severe illness and life-threatening complications. About 10% to 20% of Americans get influenza each year, about 36,000 Americans die from it each year, and many more are hospitalized.
- Pneumonia is an inflammation of the lungs due to infection. In 2005, pneumonia caused 1,955 deaths in Michigan.
- The Centers for Disease Control and Prevention (CDC) estimates that each year in the United States, 76 million cases of illness, 325,000 hospitalizations and 5,000 deaths are caused by foodborne germs.

Stepping Up to a Healthier You Month

RESOURCES:

Michigan Prepares Website
www.michigan.gov/michiganprepares

**Centers for Disease Control & Prevention (CDC)
Flu Information**
www.cdc.gov/flu

***Fight Bac!* Keep Food Safe From Bacteria
Partnership for Food Safety Education**
<http://www.fightbac.org/>



WHAT YOU SHOULD KNOW:

How to Avoid Spreading Germs:

Vaccination:

Everyone needs shots to protect them from a variety of diseases. See below for more information about vaccines.

Habits for Good Health: These steps can help you prevent influenza and other illnesses:

- Avoid close contact with people who are sick and keep your distance from others when you are sick
- Cover your mouth and nose with a tissue when coughing or sneezing, then put your used tissue in a wastebasket. Cough into your upper sleeve if you do not have a tissue.
- Wash your hands often with soap and warm water for twenty seconds or clean with alcohol-based hand cleaner. Avoid touching your eyes, nose, or mouth.
- Stay home from work, school, and errands when you are sick.
- Practice healthy habits -Get regular exercise, enough rest, and eat healthy balanced meals.

Safe Food Handling and Cooking Tips:

- When buying food, do not allow foods to thaw out, buy what you can use by the "use-by" date, and do not buy food in poor condition (such as "freezer burn," leakage, dented cans, bulging lids).
- Your refrigerator should run at 40 degrees Fahrenheit and the freezer at 0 degrees Fahrenheit.
- Keep non-perishables in dry, high places away from pests and dampness.
- Cook foods thoroughly - especially meat – to kill harmful bacteria. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods.

SERVICES AVAILABLE:

Vaccination:

If you need a vaccine or have questions about which vaccines you or your children need, contact your health care provider first. You may also contact your local health department.

The very young and the elderly are at higher risk of dying from pneumonia and influenza. People aged 65 and older should be vaccinated against influenza every year and against pneumonia at least once. Children aged 6 to 23 months old should be vaccinated against influenza. Other people at high risk for flu complications should also receive a yearly flu vaccine. This includes:

- Pregnant women
- Health care workers
- Residents of long term care facilities
- Persons with long-lasting health problems (such as diabetes, asthma, heart disease, liver disease, lung disease, or kidney disease)
- Persons who live with or care for persons at high risk (listed above)
- Persons who live with or care for children ages birth through 23 months