



HEALTH
Department

FOR CITY DIRECTORS AND MANAGERS

PREPARING FOR FLU SEASON

Detroit Health Department

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Detroitmi.gov/health

WHAT'S INCLUDED?

Vaccination Talking Points

Flu Basics

Flu FAQs

No More Excuses

Posters, Fliers and Print Materials



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INFLUENZA VACCINATION TALKING POINTS

FOR COMMUNICATING WITH STAFF

Getting a flu vaccine is more important than ever to protect yourself, your loved ones, and your community from flu.

- Just like wearing a mask, getting a flu shot is an easy and safe action we can take to keep ourselves and others healthy during the pandemic.
- We may not have a vaccine for COVID-19 yet, but we do have one for flu that is effective and safe.
- It is likely that both COVID-19 and flu will be circulating this fall and winter. Getting immunized against flu means there is one less disease you and your doctor have to worry about this season.
- This season, getting a flu vaccine is especially important because it will protect against flu and help save limited medical resources for COVID-19 patients.
- Influenza and COVID-19 share many symptoms. Preventing influenza means fewer people will need to seek medical care and testing for possible COVID-19 or influenza.
- CDC estimates that flu causes hundreds of thousands of hospitalizations and 12,000-61,000 deaths each season. While it's always important to minimize this toll, it's especially important this season. A bad flu season combined with COVID-19 can put our front-line workers at higher risk for illness.
- Essential workers, including nurses and doctors, are doing their part to keep us healthy. Now it's time for us to do our part by rolling up our sleeves and getting vaccinated.

Medical providers are taking every precaution to keep you safe, wherever you plan to get vaccinated.

- We understand you may feel a little uneasy about coming into the doctor's office, pharmacy or flu clinic this year. Hospitals, clinics and other settings across the state have taken additional safety measures to ensure patients are safe when getting vaccinated.
- Additional safety measures include separating appointment times for sick and healthy patients, masking requirements, additional disinfecting between appointments, physical distancing in waiting areas and many other measures to make sure patients stay safe. Some clinics offer drive-through services, so you can get care without leaving your car.

Everyone 6 months and older should get a flu shot, especially our most vulnerable community members.

- Flu vaccination lowers the chances that children and adults will end up in the hospital when they catch the flu.
- Healthy adults can get very sick from flu, just like from COVID-19. Both are most dangerous for older adults, smokers, or anyone with a chronic condition like asthma, diabetes, or heart disease. Get a flu shot now – we are

INFLUENZA VACCINATION TALKING POINTS

stronger together when we are all protected against flu.

- Flu can lower your body's defenses to other infections, including COVID-19. Older adults, smokers, or anyone with a chronic condition like asthma, diabetes, or heart disease are especially at risk. Don't take chances with flu—get your flu shot now.
- A flu vaccine helps protect the frontline health care workers who will be caring for a lot of people sick with respiratory illnesses this fall and winter. Now it's time for us to do our part by rolling up our sleeves and getting vaccinated against the flu.

While flu vaccination is always important, this season getting vaccinated is even more important for certain people who are at higher risk of being exposed to flu and COVID-19, or developing serious complications from flu and COVID-19. This includes:

- People 65 years and older, who account for the majority of hospitalizations and deaths from flu and COVID-19.
- People with underlying medical conditions like lung disease, heart disease, neurologic disorders, weakened immune systems, and diabetes.
- African Americans, Latinx and Native populations, who are disproportionately affected by chronic medical conditions that can increase the risk for serious flu and COVID-19.
- Caregivers in long-term care facilities—in addition to residents—who are in daily close contact with people who are most vulnerable to serious flu and COVID-19 illness and death.
- Essential workers who have frequent interactions with each other and/or the public and are therefore more likely to be exposed to flu and COVID-19.

Getting vaccinated yourself will also protect your loved ones, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with chronic health conditions.

Don't Wait—Vaccinate!

- We are stronger when we are all protected. Call your doctor to get your flu shot today.
- Get a flu shot now. If you become infected with COVID-19, you'll have to wait until you're well to get your flu vaccine.
- Make a flu shot appointment now to keep you and your family protected during and after the COVID-19 pandemic.
- For those who are out of work or without health insurance, you can still get your child vaccinated. The Vaccines for Children (VFC) program offers free vaccines to families who cannot afford to pay for their children's vaccines (through 19 years of age). Similarly, the Vaccines for Adults (VFA) program offers free vaccines for eligible adults. Talk to your healthcare provider to find out if they are a VFC or VFA provider.
- Visit detroitmi.gov/health to find a place nearby to get your flu vaccine.



Detroit Health Department

FLU BASICS

What is Flu?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness and at times can lead to death. CDC estimates that influenza results in 9 million to 45 million illnesses, 140,000- 810,000 hospitalizations, and between 12,000 and 61,000 deaths every year. Influenza is not the “stomach flu” and is also different from the common cold.

Transmission (Spread) of Influenza

Influenza viruses are spread when a person who has influenza coughs, sneezes, or speaks which releases viruses into the air where other people can inhale the viruses. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing disease. The viruses may also be spread when a person touches a surface with flu viruses on it and then touches their nose or mouth.

Individuals are able to spread the flu before they are sick, as well as while they are sick. People with flu are most contagious in the first 3-4 days after their illness begins. Some adults are able to infect others beginning as soon as 1 day before symptoms develop and up to 5-7 days after becoming sick.

Preventing Influenza

Everyone aged 6 months and older, who does not have a medical contraindication, is recommended to receive an annual flu shot.

Individuals at High Risk of Flu Complications

Some individuals are more likely to get flu complications that can result in hospitalization and sometimes death.

Specific high-risk groups include:

- Adults aged 65 years and older
- Children younger than 5 years of age, specifically those younger than 2 years
- Pregnant women
- Individuals with chronic health conditions including asthma, heart disease and stroke, diabetes, HIV/AIDS, cancer, children with neurologic conditions

What to Do If You Get Sick This Flu Season

- Stay home and avoid contact with other people except to seek medical care
- Get plenty of rest, drink a lot of fluids, and avoid using alcohol and

FLU BASICS

tobacco.

- If your flu symptoms are severe (trouble breathing, chest pain, seizures, persistent dizziness, fever above 104 degrees Fahrenheit, etc.) you should contact your health care provider and seek care right away.

Diagnosing Flu

It is very difficult to distinguish flu from other viral or bacterial respiratory illnesses based on symptoms alone. There are tests available to diagnose flu. Your respiratory illness might be the flu if you have fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and/or fatigue. Contact your health care provider if you are having severe flu symptoms or are at high-risk of flu complications.

Treatment for Flu

If you get sick with flu, antiviral drugs may be a treatment option. Contact your doctor promptly if you are at high-risk of serious flu complications and you get flu symptoms. Antiviral drugs can lessen symptoms and shorten the time you are sick. They can also prevent serious flu complications, like pneumonia.



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Will there be any charge for my flu shot?

No, just present your healthcare card and CVS will do the rest. No co-pays or additional charges. The cost of your shot is covered through your current City of Detroit health insurance.

Can I bring my family to be vaccinated?

Yes, but first make sure they have been tested for COVID-19 prior to coming to one of our facilities. If you, or your family member need a COVID-19 test, please reach out to 313-673-4701 for scheduling a Rapid COVID-19 test.

What if I can't make it on the scheduled day for my current work location site?

The good news is that you can go to any of the facilities on the schedule. We are trying to make this as convenient as possible for you to get vaccinated.

What viruses will the 2020-2021 flu vaccines protect against?

There are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses (depending on the vaccine) that research suggests will be most common.

What is the difference between Influenza (flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

Will there be flu along with COVID-19 in the fall and winter?

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. CDC recommends that all people 6 months and older get a yearly flu vaccine.

Can I have flu and COVID-19 at the same time?

Yes. It is possible have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common

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this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu or COVID-19.

Is there a test that can detect both flu and COVID-19?

Yes. CDC has developed a test that will check for A and B type seasonal flu viruses and SARS CoV-2, the virus that causes COVID-19. This test will be used by U.S. public health laboratories. Testing for these viruses at the same time will give public health officials important information about how flu and COVID-19 are spreading and what prevention steps should be taken. The test will also help public health laboratories save time and testing materials, and to possibly return test results faster.

Will the new test that detects both flu and COVID-19 replace other tests?

No. This new test is designed for use at CDC-supported public health laboratories at state and local levels, where it will supplement and streamline surveillance for flu and COVID-19. The use of this specialized test will be focused on public health surveillance efforts and will not replace any COVID-19 tests currently used in commercial laboratories, hospitals, clinics, and other healthcare settings.

Is COVID-19 more dangerous than flu?

Flu and COVID-19 can both result in serious illness, including illness resulting in hospitalization or death. While there is still much to learn about COVID-19, at this time, it does seem as if COVID-19 is more deadly than seasonal influenza; however, it is too early to draw any conclusions from the current data. This may change as we learn more about the number of people who are infected who have mild illnesses.

Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

Does a flu vaccination increase your risk of getting COVID-19?

There is no evidence that getting a flu vaccination increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

No More Excuses: You Need a Flu Vaccine

Get the Facts

- The flu vaccine is safe, does not cause the flu, and can protect the ones you love.
- Spread the word and **GET VACCINATED!**



Even healthy people need a flu vaccine.

Influenza (flu) is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

The most common side effects of flu vaccines are mild.

The flu vaccine cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. Common side effects from the flu shot include soreness, redness, and/or swelling from the shot, headache, fever, muscle aches, and nausea. These side effects are NOT the flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Even if I get sick, won't I recover quickly?

Not necessarily. Influenza can be serious and anyone can become sick with flu and experience serious complications, including active and healthy kids, teens and adults. Even if you bounce back quickly, however, others around you might not be so lucky. You could spread your illness to someone who is more vulnerable to flu. Some people can be infected with the flu virus, but have no symptoms. During this time, you can still spread the virus to others. Don't be the one spreading flu to those you care about.

Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, so the sooner you get vaccinated, the more likely it is that you will be protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against other viruses that may cause symptoms similar to flu, like the common cold.
- You might have been exposed to flu after you got vaccinated, but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- You may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, however, some people who get a flu vaccine may still get sick. How well the flu vaccine works (or its ability to prevent flu) can range from season to season and also can vary depending on who is being vaccinated. However, if you do get sick, flu vaccination might make your illness milder than it would have been otherwise

Don't avoid getting a flu vaccine because you don't like shots.

The minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. A flu vaccine reduces your risk of illness, hospitalization, and can prevent you from spreading the virus to your loved ones. So, whatever little discomfort you feel from the minor side effects of the flu shot is worthwhile to avoid the flu.

You need to get a flu vaccine every year.

There are two reasons for getting a flu vaccine every year:

- a) Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection.
- b) A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

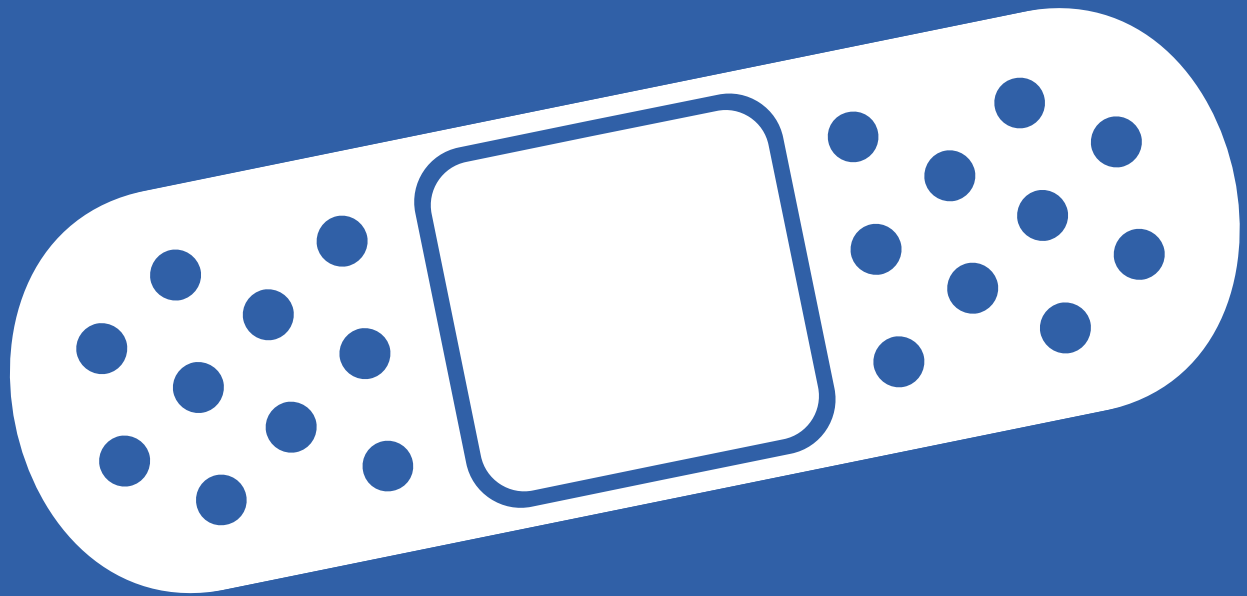


Get a Flu Vaccine

- Flu vaccines are offered in many locations. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, including doctor's offices, clinics, health departments, retail stores, pharmacies, and health centers, as well as by many employers and schools.
- Use the vaccine finder at <http://vaccine.healthmap.org/> to find a flu vaccination clinic near you.



For more information, visit <http://www.cdc.gov/flu> or call 1-800-CDC-INFO (800-232-4636).



FIGHT FLU



Get your family vaccinated against flu this season. It's the best way to protect you and your loved ones from getting the flu.



www.cdc.gov/fightflu

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

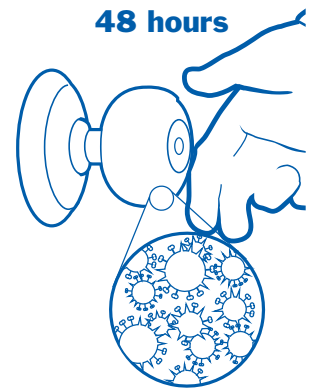
- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

Cleaning to Prevent the Flu

How long can the flu virus live on objects, such as doorknobs and tables?

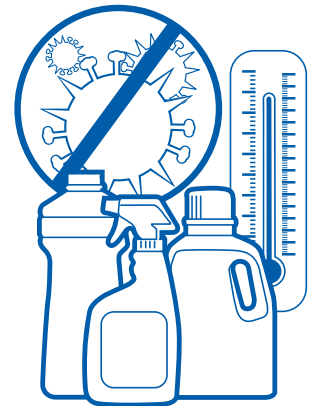
The flu virus can “live” on some surfaces for up to 48 hours. Routine cleaning of surfaces may reduce the spread of flu.



What kills flu viruses?

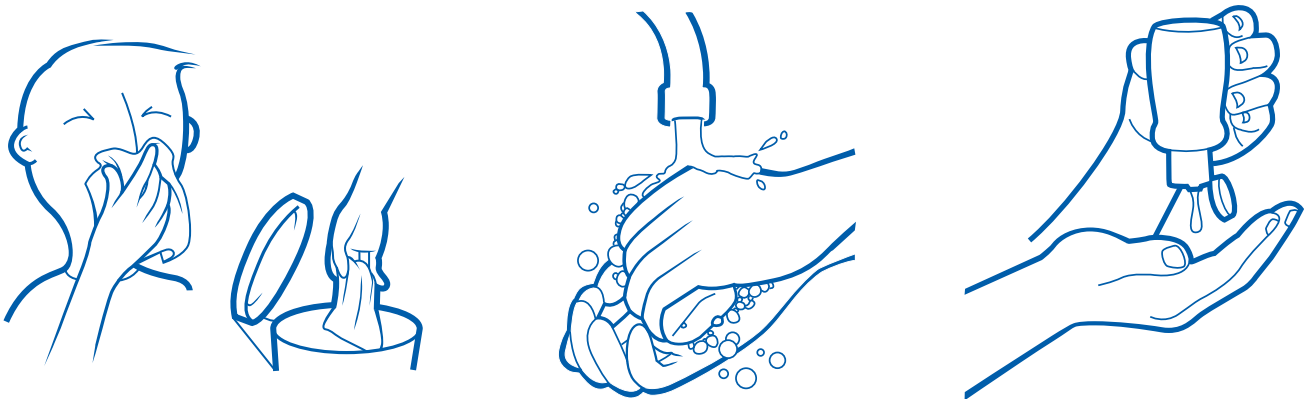
Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols



How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.



STOP

Feeling sick?

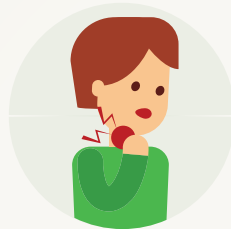
Stop the spread of flu in the workplace.
Stay home when you are sick.

Common Flu Signs & Symptoms Include:



Fever* or feeling feverish/chills

*It is important to note that not everyone with flu will have a fever.



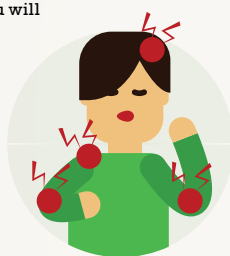
Sore throat



Runny or stuffy nose



Cough



Muscle or body aches



Headaches



Fatigue (tiredness)

*Flu is different from a common cold.
Flu usually comes on suddenly, and in general symptoms are more intense.*

If you think you may have flu tell your supervisor and stay home from work.

All employees should stay home if they are sick. CDC recommends that you stay home for at least 24 hours after your fever (100 degrees Fahrenheit or 37.8 degrees Celsius) is gone. Your fever should be gone without the need to use a fever-reducing medicine.

For more information visit www.cdc.gov/flu



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People at High Risk

If you (or your child) have a high risk factor listed below and develop flu symptoms, consult a health care provider to get advice about seeking medical care. Also, it's possible for otherwise healthy people to develop severe illness, so anyone concerned about their illness should consult their medical provider.

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women (and women up to two weeks postpartum)
- Residents of nursing homes and other long-term care facilities
- People who have:
 - Asthma
 - Neurologic and neurodevelopment conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
 - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
 - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
 - Blood disorders (such as sickle cell disease)
 - Endocrine disorders (such as diabetes mellitus)
 - Kidney disorders
 - Liver disorders
 - Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
 - Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years old who are receiving long-term aspirin therapy
- Adults with extreme obesity (Body Mass Index, or BMI, of 40 or greater). Obesity may also be a risk factor for children. Childhood obesity is defined as a BMI at or above the 95th percentile, for age and sex.

Emergency Warning Signs of Flu

Most people are able to recover at home from flu without medical care. However, some people are at high risk of developing serious flu complications. There are “emergency warning signs” that should signal anyone to seek medical care urgently.

Emergency Warning Signs In Children:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

Emergency Warning Signs In Adults:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

#FIGHT FLU

For more information, visit

<http://www.cdc.gov/flu>

or call

800-CDC-INFO



Flu & You

Influenza (flu) is a contagious disease that can lead to hospitalization.

How severe is illness associated with flu?

Flu illness can range from mild to severe depending on different factors like the virus involved and the age and health of the person who has been infected. While flu can make anyone sick, certain people are at high risk for developing serious complications that can result in hospitalization or death. This includes older adults, young children, pregnant women, and people with certain long-term health problems including as asthma, diabetes, and heart disease.

However even healthy children and adults can get very sick from flu and spread it to friends, co-workers, and family. In the United States, millions of people have to visit the doctor because of flu and hundreds of thousands are hospitalized from flu complications each year.

How does flu spread?

Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own eyes, mouth or nose.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



CDC Recommends a Three-Step Approach to Fight Flu:

#1

A flu vaccine is the first and most important step in helping to protect against flu and its potentially serious complications.

- While there are many different flu viruses, flu vaccines protect against the viruses that research suggests will be most common.
- Flu vaccination has been shown to reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as reduce the risk of serious flu complications that can result in hospitalization or even death.
- Vaccination also has been shown to not only help protect a pregnant woman from flu, but to also protect her baby for the first several months after birth.
- Flu vaccination varies in how well it works and some people who get vaccinated may still get sick, but several studies have shown that vaccination reduces severity of illness in those people.
- Everyone 6 months and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.
- Vaccination of people at high risk from flu is especially important to decrease their risk of severe flu illness.

#2

Take everyday actions to help reduce the spread of germs that cause respiratory illnesses.

- Try to avoid close contact with sick people.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever reducing medicine.

- While sick, limit contact with others as much as possible to keep from infecting them.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

#3

Take flu antiviral drugs if your doctor prescribes them.

- If you get sick with flu, antiviral drugs can be used to treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- CDC recommends prompt treatment for people who have flu infection or suspected flu infection and who are at high risk of serious flu complications.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high risk factor or is very sick from flu. Follow your doctor's instructions for taking these drugs.

If You Do Get Sick with Flu...

Flu Symptoms can include:

- Fever* or feeling feverish/ chills
- Headaches
- Cough
- Fatigue (tiredness)
- Sore throat
- Sometimes diarrhea and vomiting, though this is more common in children than adults
- Runny or stuffy nose
- Muscle or body aches

**It's important to note that not everyone with flu will have a fever*

What should I do if I get sick?

If you get flu symptoms, stay home and avoid contact with other people as much as possible except to seek medical care. Most people are able to recover at home from flu without medical care. However, some people are at high risk of developing serious flu complications (see information under People at High Risk).

How long can a sick person spread flu to others?

People with flu are most contagious in the first 3 to 4 days after their illness begins. Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. Stay away from others as much as possible to keep from making others sick. Continue to cover coughs and sneezes and wash hands even after you return to work. It is important to know that even if you don't have a fever, you may have flu and be contagious if you get flu symptoms.



Preparing for Flu Season

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