Flu Prevention and Infection Control

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Outline

- Flu Basics
- Universal Precautions
- Flu shot information
- Norovirus
- Hepatitis A
- Questions?
- Stations
Two types of diseases:

**Communicable/Infectious**
(Diseases you can share)

**Non-communicable**
(Diseases you cannot share)
What is Influenza (Flu)

- Viral infection that attacks your respiratory system — nose, throat and lungs.
- The virus is spread by tiny droplets when people cough, sneeze or talk.

Flu vs Cold Symptoms

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Common: fever may be high (100 F to 102 F), may last 3 to 4 days.</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>General aches, pains</td>
<td>Sometimes</td>
<td>Usual, often severe</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Sometimes</td>
<td>Usual, can last 2 to 3 weeks</td>
</tr>
<tr>
<td>Extreme exhaustion</td>
<td>Never</td>
<td>Usual, typically at the beginning of the illness</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest discomfort, cough</td>
<td>Mild to moderate, hacking cough</td>
<td>Common, can become severe</td>
</tr>
</tbody>
</table>

CDC (Cold vs Flu, 2016)
So why is it important to talk about the Flu?

Influenza and Other Respiratory Viruses Weekly Report
California Influenza Surveillance Program

Statewide Activity

Key messages:
- Influenza is circulating widely in California.
- Influenza A (H3N2) viruses are predominant this season.
- It’s not too late to get vaccinated - vaccination is the best protection against this potentially serious disease.
- Take actions to stop the spread of flu: wash hands often, cover coughs and sneezes, and stay home when sick.

CDC (California Influenza Surveillance Program, 2018)

At risk populations for developing flu like complications

- Children younger than 5, but especially children younger than 2 years old.
- Adults 65 years of age and older.
- Pregnant women (and women up to two weeks postpartum).
- Residents of nursing homes and other long-term care facilities.

CDC (influenza, 2018)
What can you do to avoid getting sick?

**Universal Precautions**

- Get vaccinated.
- Practice hand hygiene.
- Practice cough and sneeze etiquette.
- Avoid close contact with sick individuals.
- Avoid touching your mouth, eyes, or nose.
- Clean and disinfect surfaces and objects that may be contaminated.

CDC (Preventive Steps, 2017)
Universal Precautions: Hand Hygiene

1. Remove all jewelry.
2. Turn on faucet using a paper towel.
3. Wet your hands and apply liquid soap.
4. Work soap into a lather and scrub hands for at least twenty seconds.
5. Clean between your fingers.
6. Scrub your nails.
7. Dry your hands with a clean paper towel.
8. Turn off the faucet using a clean paper towel.

Universal Precautions: Cough/Sneeze

- The most effective and sanitary way to cover your cough/sneeze is to cough/sneeze into your sleeve.
- You should NEVER cough/sneeze into your hand.
- Always wash or sanitize your hands afterwards.
- If necessary, wear a surgical mask to protect others.
Universal Precaution: Influenza (Flu) Vaccination

- Flu vaccines cause antibodies to develop in the body about two weeks after vaccination.
- Antibodies provide protection against infection with the viruses that are in the vaccine.

CDC (Why Get a Flu Vaccine, 2017)

What are the benefits of the flu shot?

- Flu vaccine can prevent you from getting sick from the flu
- Vaccination can prevent hospitalization from flu-like symptoms among children and older adults
- It is an important preventative tool for people with chronic health problems
- Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%)
- Flu vaccination also may make your illness milder if you do get sick.

CDC (Why Get a Flu Vaccine, 2017)
When should you NOT get a vaccine?

• If you are not feeling well (example: you have a Cold)

• People with life threatening allergies to flu vaccine or any ingredient in the vaccine, such as eggs.

• If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS).

• Babies <6 months old

Where can you get a flu shot?

• Ask your doctor

• Find a clinic

• Go to a pharmacy

• Visit the OC Health Care Agency Flu Clinic

OC Health Care Agency (Information on Flu Shots, 2017)
Norovirus

- The virus is highly contagious
- Causes sudden onset of Vomiting/Diarrhea

How is it spread?
- Food or water that is contaminated during preparation or contaminated surfaces.
- Close contact with an infected person

CDC (Tips to Protect Yourself from Norovirus, 2017)

Norovirus: Symptoms

Symptoms: Start 12-48 hours after exposure.
- Nausea
- Vomiting
- Abdominal pain or cramps
- Watery or loose diarrhea
- Malaise
- Low-grade fever
- Muscle pain

SANONDAF(North East Norovirus Outbreak, 2017)
**Food Safety: Hepatitis A**

**Hepatitis A**

- Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus.

**How is it spread?**

- Contaminated food or water or from close contact with a person or object that's infected.
- Eating raw shellfish.
- Having sex with someone with the virus.

**Symptoms:** Don't appear until you've had the virus for a few weeks. But not everyone with hepatitis A develops them.

**Food Safety: Prevention**

- [Image of food safety guidelines]

  **SAFE MINIMUM INTERNAL TEMPERATURES**

  As measured with a food thermometer:

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Minimum Internal Temperature</th>
</tr>
</thead>
</table>
  | Beef, pork, veal, lamb (roast, steaks, and chops) | 145°F (63°C) (internal “meat thermometer”)
  | Ground Meats       | 160°F (71°C)                |
  | Poultry (whole, parts, or ground)         | 165°F (74°C)                |
  | Eggs and egg dishes | 160°F (71°C) Cook eggs until the yolk and white are firm. Scrambled eggs should be runny. |
  | Leftovers          | 165°F (74°C)                |
  | Pin Fish           | 145°F (63°C)                |

  **CDC (Food safety, 2017)**

  **NDSU (Fight BAC!, 2017)**
Stations

Station 1: Flu Shot Jeopardy
Station 2: Infection Control
Station 3: Food safety and Norovirus/Hep A
Station 4: Debunking Flu Myths

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References


Colorado Farm to Table Food Safety. (n.d.). Retrieved from http://cofarmtotable.tumblr.com/


