

QUEST INTEGRATION NEWSLETTER

Don't Get the Flu. Get the Flu Shot!

This fall/winter, you can get a flu shot at no cost. No appointment is needed.

Knowing the facts can save your life, or someone else's life:

- The flu is a virus that can cause serious illness.
- The flu virus changes every year. Everyone is at risk, even very healthy people.
- The flu shot is your best defense against getting sick and spreading the illness to others.
- Everyone 6 months and older needs to get a flu shot every year.
- The flu virus changes every year. This year's vaccine was made specifically for the upcoming flu season.



Flu Shot Clinics Now Open

Monday – Friday are on a walk-in basis, NO appointments needed! Saturday walk-in shot clinics are available at Honolulu, Waipio, Koolau, Moanalua, and Maui Lani. Clinics are open for adults and children 6 months or older. Visit kp.org/flu for hours.

On Oahu, call **808-432-2000** On Maui, call **808-243-6000** TTY users, call **711**

Cold and Flu Symptoms: How to tell them apart

Colds and influenza (the flu) are both caused by viruses. Although they share many of the same symptoms, there are some key differences.

- Colds can occur throughout the year. The flu generally infects people from late fall through early spring.
- The symptoms of a cold include a stuffy or runny nose, sneezing, sore throat, mild fatigue, headache, and a cough.
- Flu symptoms are usually more severe than those of a cold and tend to come on suddenly. They can include fever (100.4 degrees F or higher), fatigue (very tired), muscle or body aches, headache, chills, sore throat, cough, and a stuffy or runny nose.
- People who have the flu may be able to infect others from 1 day before getting sick until 5 to 7 days after. Young children and people with weakened immune systems can be infectious even longer.

An annual flu shot can help prevent or reduce the severity of illness caused by flu viruses. There are no vaccines for cold viruses.

Self-Care for When You're Sick

There's no cure for the common cold. Or for the flu. But you've got lots of options to help you feel better. Here's how to be more comfortable while you recover.

- Get plenty of rest. Rest will help you recover sooner and reduce your risk of additional infections such as bacterial pneumonia, sinusitis, or ear infection.
- Drink lots of fluids. Sip broth, herbal tea, and other non-alcoholic liquids to soothe your throat and relieve congestion.
- Stay at home until you're fever-free for 24 hours and feeling well enough to go out.

It usually takes from 1 to 3 weeks for a cold or flu to run its course. When you feel better, ease back into your routine slowly. For more self-care tips, visit kp.org/flu.

Vaccine Safety

You may have heard or read frightening stories about the dangers of vaccinations on TV and the Internet or in magazines. This can be scary for parents, so it's important to learn the facts.

Although any medication carries some risks, side effects from vaccines are rare and usually mild. Overall, the benefits of having your child vaccinated GREATLY outweigh these risks.

Because many childhood diseases are now rare in the U.S., some parents wonder if vaccines are still needed. Unfortunately, these diseases are still common in countries where fewer people are vaccinated. If children in the U.S. stop getting vaccinated, these diseases could quickly return.

Why Should I Have My Child Vaccinated?

- Vaccines protect against serious childhood diseases, including measles, mumps, tetanus, whooping cough, chicken pox, and meningitis. These illnesses can be painful and even fatal.
- Your child will not be allowed to register for school without proof of vaccination.
- Children who are not vaccinated put other children at risk.

Are Vaccines Dangerous?

- Vaccines are some of the safest and best-studied medicines we have.
- Despite the scare-stories, studies that looked at hundreds of thousands of children have found **NO CONNECTION** between getting vaccinated and health problems such as asthma, Multiple Sclerosis (MS) or SIDS (Sudden Infant Death Syndrome).
- Side effects are usually mild and do not cause permanent harm. They include fever, tenderness and mild swelling where the shot is given. Very rarely vaccines can cause high fever or seizures.

What about Autism and Mercury?

- Careful study by the Centers for Disease Control (CDC) has found not a single case of autism caused by vaccination.
- The sad truth is that some children will develop autism whether or not they get vaccinated.
- With millions of vaccines given every year, it's not surprising that some kids are diagnosed with autism shortly after getting vaccinated. This **DOES NOT** mean the vaccines **CAUSED** their autism.
- In response to concerns, Thimerosal (a chemical that contains tiny amounts of ethylmercury) has been removed from nearly all childhood vaccines. Unlike other types of mercury, ethylmercury is not considered dangerous.

Do Vaccinations Guarantee My Child Won't Get the Disease?

Although childhood vaccines offer great protection, they're not perfect:

- Children who get vaccinated are 20 times less likely to get measles, mumps, rubella and chicken pox than those who do not.
- Children who get vaccines against other childhood illnesses are 5 to 10 times less likely to get sick than children who don't get vaccinated.