



The Grand Traverse Band of Ottawa and Chippewa Indians

2605 N. West Bay Shore Drive • Peshawbestown, MI 49682 • (231) 534-7750

The Flu has Arrived.

This announcement is to inform you about the influenza virus and provide guidance on measures you may want to take. **The flu shots are available at the GTB Health Department (231-534-7200) on a walk-in basis between the hours of 9am to 11am and 1pm to 4pm, Monday through Friday. Additionally, if you have specific questions or concerns regarding the flu or the new coronavirus, please feel free to contact a GTB Health Department nurse at (231) 534-7200, ext. 7237.**

Influenza, also called “the flu”, is a contagious, respiratory virus infection (i.e. in the breathing system) that causes fever, sore throat, cough, body aches, runny or stuffy nose, headaches, and fatigue. With true influenza, a fever is almost always present, and the cough is often severe. The flu usually lasts 2 to 7 days. Influenza is not the same as the “stomach flu”, which causes nausea, vomiting, and diarrhea that usually lasts 1 to 2 days.

Influenza spreads when an infected person coughs or sneezes, causing droplets containing the virus to spread in the air. Uninfected people can become infected by being in close contact with these droplets (within 6 feet) and breathing them in or by touching surfaces the droplets fell onto.

While most people who get influenza recover, others may develop serious complications, especially among the very old, very young, or people already weakened by other illnesses. Serious complications can include pneumonia, brain infection, and even death.

There are many things that can be done to keep our schools, homes, and community “flu-free” and protect ourselves and loved ones:

- It’s not too late to get vaccinated. Influenza vaccine is widely available and everyone over the age of 6 months should get a flu shot.
- As a general rule, children and adults should stay home when ill. People sick with any influenza-like illness should remain at home until they have been fever-free for at least 24 hours without the use of fever-reducing medicines.
- Teach your family how to lower their risk of getting and spreading the influenza virus by:
 - Washing their hands often with soap and running warm water for at least 20 seconds.
 - If not able to wash their hands, use hand sanitizer that contains at least 60% alcohol.
 - Coughing or sneezing into a disposable tissue, their upper shirt sleeve or elbow-not onto their hands.
 - Avoid touching their eyes, nose, or mouth. That’s how germs enter the body.
- Seek medical care immediately if your child experiences any of the following symptoms:

- Illness lasting longer than a week or an illness that continues to get worse;
- Fast breathing or trouble breathing;
- Bluish skin color;
- Not drinking enough fluids or not urinating;
- Not waking up or not interacting with others as they normally do;
- Being so irritable that the child does not want to be held;
- Flu-like symptoms that improve but then return with fever and worse coughing, or;
- Fever with a rash.

Please note, the habits that you should practice to avoid influenza are the same ones that will keep away any respiratory infection, including the new coronavirus we are hearing about. And very important, remember that there is a vaccine against influenza. The flu epidemic of this year has not yet reached its peak, so it is not too late to get your flu shot. It is available at the GTB Health Department, through your own doctor, or pharmacy, and it should help to prevent the infection or at least prevent serious forms of influenza.

Respectfully,

A handwritten signature in blue ink, appearing to read 'Soumit Pendharkar', written in a cursive style.

Soumit Pendharkar, MHA, FACHE
GTB Health Administrator

Influenza

and your **CHILD**



Flu (or influenza) is caused by viruses that infect the nose, throat, and lungs. The flu usually spreads from person to person when an infected person coughs or sneezes.

Information for Parents

Some children are at high risk of having complications from the flu. Flu could make them very sick or even kill them. *The following people need to be vaccinated each year to prevent the flu:*

- ▶ **Children 6-23 months of age**
- ▶ **Children 2 years to 18 years of age with chronic health problems like**
 - **asthma or other problems of the lungs**
 - **immune suppression**
 - **chronic kidney disease**
 - **heart disease**
 - **HIV/AIDS**
 - **diabetes**
 - **sickle cell anemia**
- ▶ **Children 6 months to 18 years of age who are receiving long-term aspirin therapy**
- ▶ **Close contacts of children 0-23 months and children with chronic health problems**

The flu vaccine is the best way to prevent the flu. Anyone 6 months of age or older can get the flu vaccine.

Doctors recommend household contacts and out-of-home caregivers of high risk children get vaccinated too.

Children under 6 months old can also get very sick from the flu. But they are too young to get a flu vaccine. The best way to protect them is to make sure that their household members and their caregivers are vaccinated.



Each year, on average, 178 children die from complications of the flu

Unlike the common cold, the flu causes severe illness and can be life threatening

Each year about 1 in every 1,000 children younger than 5 years old will be hospitalized because of the flu



The Best Time to get Vaccinated is October or November

For more information, ask your healthcare provider or call **800-CDC-INFO (800-232-4636)**
Website www.cdc.gov/flu



La gripe y su NIÑO



La gripe (influenza) es causada por virus que infectan la nariz, la garganta y los pulmones. La gripe comúnmente se transmite a otra persona cuando una persona infectada tose o estornuda.

Información para padres

Algunos niños corren un mayor riesgo de ser afectados por complicaciones relacionadas con la gripe. La gripe puede hacer que se enfermen gravemente o incluso causarles la muerte. *Las siguientes personas deben vacunarse cada año para prevenir la gripe:*

- ▶ Niños de 6 a 23 meses de edad
- ▶ Niños de 2 a 18 años de edad con problemas crónicos de salud, tales como:
 - asma u otros problemas pulmonares
 - trastornos del sistema inmunitario
 - enfermedad crónica de los riñones
 - enfermedad del corazón
 - diabetes
 - VIH/SIDA
 - anemia drepanocítica
- ▶ Niños de 6 meses a 18 años de edad que reciban tratamiento con aspirina a largo plazo
- ▶ Personas que tienen contacto con niños de 0 a 23 meses de edad y niños con problemas crónicos de salud

La vacuna contra la gripe es la mejor forma de prevenir esta enfermedad. Toda persona mayor de 6 meses de edad puede vacunarse.

Los médicos recomiendan que quienes conviven con niños que corren mayor riesgo y las personas que cuidan de ellos también se vacunen.

Los bebés menores de 6 meses también pueden estar muy enfermos a causa de la gripe. Pero son demasiado pequeños para vacunarse. La mejor manera de protegerlos es asegurándose que usted, su familia y las personas que cuidan de ellos se vacunen.



Cada año, un promedio de 178 niños mueren a causa de complicaciones de la gripe

Cada año, alrededor de 1 de cada 1,000 niños menores de 5 años de edad es hospitalizado a causa de la gripe

A diferencia del resfriado común, la gripe es una enfermedad grave que puede poner su vida en peligro



La mejor época para vacunarse es octubre o noviembre.

Para obtener más información, consulte a un profesional de la salud o llame al **800-CDC-INFO (1-800-232-4636)**
Página de Internet: www.cdc.gov/flu



Influenza and your Child Information for Parents

Department of Health and Human Resources
Centers for Disease Control and Prevention

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