



# Health Beat



Health news and facts compiled by the Meriden Public Library

February 2018

## How Do You Know It's the Flu?

**I**nfluenza is a contagious respiratory illness caused by flu viruses.

The flu is different from a cold. The flu usually comes on suddenly.

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/ chills (*not everyone with flu will have a fever*).
- 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.

—Centers for Disease Control and Prevention

## It's Not Too Late To Get Flu — or Shot to Prevent It

**H**aven't had your flu shot yet? It's not too late.

The flu — more formally known as influenza

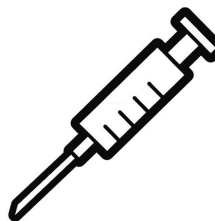
— is a serious viral disease that can lead to hospitalization and even death.

Although every flu season is different, the flu has resulted in 9.2 million to 35.6 million illnesses; 140,000 to 710,000 hospitalizations; and 12,000 to 56,000 deaths every year since 2010, according to the Centers for Disease Control and Prevention.

Flu viruses are spread through tiny droplets by people infected with flu who cough, sneeze or talk. The flu also is spread by touching a surface or object that has flu viruses on it.

Although influenza viruses

circulate year-round, flu activity peaks between December and February most years, but activity can last as late as May.



An annual seasonal flu vaccine is the best way to reduce your risk of getting sick and spreading it to others.

The strains have been inactivated so that they don't cause you to get sick with flu, but will trigger your immune system to produce antibodies that can protect against influenza disease.

When more people get vaccinated, less flu can spread through a community. It can take about two weeks after vaccination for antibodies to develop in the body.

—U.S. Food & Drug Administration

## You Can Get Flu Shots:

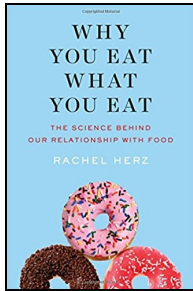
- From your doctor
- From a health care clinic
- At many pharmacies
- At the Meriden Health Department, 165 Miller St. Regular flu shots are \$20; the Flublok vaccine is \$40.

Insurance covers the cost of the shot.

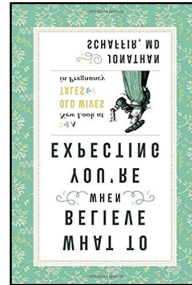
The health department accepts Husky, Cigna, Medicare and Medicaid. The department can provide receipts for other insurance companies to reimburse the patient.

# New Books at the Meriden Public Library

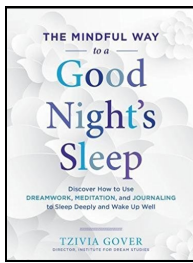
These health-related books can be found in the "New Books" area:



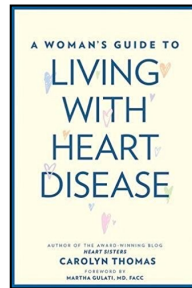
*Why You Eat What You Eat: The Science Behind Our Relationship With Food* by Rachel Herz, 612.3 HE



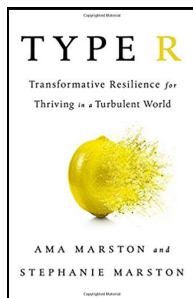
*What To Believe When You're Expecting: A New Look at Old Wives' Tales in Pregnancy* by Jonathan Schaffir, 618.2 SC



*The Mindful Way to a Good Night's Sleep: Discover How To Use Dreamwork, Meditation, and Journaling To Sleep Deeply and Wake Up Well* by Tzivia Gover, 616.8498 GO



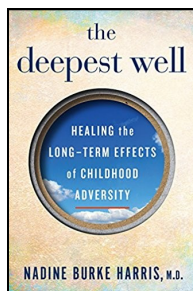
*A Woman's Guide to Living With Heart Disease* by Carolyn Thomas, 616.12 TH



*Type R: Transformative Resilience for Thriving in a Turbulent World* by Ama Marston and Stephanie Marston, 155.9042 MA



*Fit in 10: Slim & Strong for Life! Simple Meals and Easy Exercise for Lasting Weight Loss in Minutes a Day!* by Jenna Bergen Southerland, 613.25 SO



*The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* by Nadine Burke Harris, 618.92 BU



*Pause: How To Press Pause Before Life Does It for You* by Danielle Marchant, 155.9042 MA