

Campus Safety Bulletin

WINSTON
SALEM
STATE
UNIVERSITY

Police & Public Safety Department

~~~~~Influenza Facts & Prevention Tips~~~~~

By: Emergency Management Director

Contact: 750-2863 or jeterdh@wssu.edu

Influenza, or the flu, is a contagious respiratory disease that can lead to serious complications, hospitalization or even death. Anyone can get the flu and vaccination is the single best protective measure. In addition to getting vaccinated, you should: cover your coughs & sneezes, wash your hands often, and stay home if you're sick to help prevent the spread of the seasonal flu.

Why Get a Yearly Flu Vaccine

- Flu viruses are constantly changing. Flu vaccines may be updated from one season to the next to protect against the most recent and most commonly circulating viruses.
- A person's immune protection from vaccination declines over time and annual vaccination is needed for optimal protection.

Current Flu Statistics

- Two Forsyth County residents have died from the flu this season, one of which was the 1st flu death for the season in NC. Neither person received the flu vaccine.
- Flu activity peaked early this season (mid-December 2012), in comparison to the typical late January or early February timeframe.

Pandemic vs. Epidemic

The United States is NOT experiencing a flu pandemic. With the onset of this season earlier than usual, there is a higher volume of flu-like illnesses.

- A pandemic is a GLOBAL disease outbreak, determined by how the disease spreads, not how many deaths it causes. Pandemics can occur when a NEW virus with no protection emerges causing person-to-person transmission to occur more rapidly and easily.
- An epidemic occurs when new cases of an existing disease substantially exceed what is expected based on recent experiences. For instance, this year's flu season peaked much earlier than usual. The term outbreak is often synonymous to epidemic.

Free Flu Vaccinations Still Available

- Forsyth Public Health, 799 N. Highland Ave on: Mon, Tue, & Wed at 8:30am–3:45pm, Thurs at 9:30am–6:45pm, & Fri at 8:30am–11:45am.
- WSSU Wellness Center on Tues & Wed at 9–11am & 1:30–3pm (for WSSU students, by appointment only).

For more information, visit: <http://www.cdc.gov/flu>

