Winter Infections: Influenza, Respiratory Syncytial Virus (RSV) and Other Infections

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Supporters

- Deaf Health Talks is possible through the support of:
  - Rochester Recreation Club for the Deaf ("REAP")
  - Deaf Health Community Committee (DHCC)
Goals of Presentation

- Introduction
- Fever
- Seasonal Flu
- Common infections
- Prevention Steps
Fever

- Fever starts at 100.4 Fahrenheit
- Thermometers
- Higher fever is concerning for more severe infections
- Feeling warm doesn’t always mean a fever
Influenza ("Flu")

Picture: kdheks.gov
Influenza

- Flu kills 3,000-49,000 people annually (depends on the year)
- Major reason for loss of work and school time
How does flu spread?

- Sick person can spread influenza by:
  - Touching
  - Sneezing
  - Coughing

Picture: newbedfordguide.com
What’s Happening Out There?

- Widespread flu epidemic in 48 states now (http://www.cdc.gov/flu/weekly/usmap.htm)

- 8.3% of all deaths are now related to pneumonia and flu (1)

- Dangerous for elderly groups or young children

Influenza (“Flu”) Strains (Types)

Influenza A (H3N2)

Influenza B types

Influenza A (H1N1)
Influenza ("Flu") Symptoms

- Fever
- Cough
- Fatigue (feel "worn out")
- Headaches
- Body aches
- Runny nose
Influenza ("Flu")

- **Treatments**
  - Fluids
  - Rest
  - Anti-inflammatories (e.g. Advil)

  For early treatment of severe flu
  - Tamiflu(oseltamivir)
  - Relenza(zanamivir)
Influenza ("Flu") Vaccines

- Two types of "flu shots"
  - Inactivated vaccine (containing killed virus) that is given with a needle
    - 6 months and older
  - Nasal spray ("live attenuated influenza vaccine")
    - Health people aged 2-49 years old only
    - No asthma or respiratory issues

Pictures: cvs.com and ksl.com
Who Should Get the Flu Shot?

- 8 month old baby?
- 12 year old boy with asthma?
- 31 year old healthy woman?
- 52 year old diabetic?
- 91 year old with high blood pressure?

- Everyone should get the flu shot!!
People at High Risk for Flu

- High Risk People Include People at Risk for Developing Pneumonia:
  - Medical conditions including asthma, diabetes, and chronic lung disease
  - Pregnant women
  - People 65 years and older
  - People who live with or care for others who are high risk of developing serious complications
Who Can’t Get the Flu Shot?

- Egg allergies
- Past severe reaction to an influenza vaccination ***
- Children younger than 6 months of age
- Past history of Guillain-Barre Syndrome (an illness that causes paralysis)
“MythBusters” Reported That:

- Sneezes can travel ~35 mph
- Cough/sneeze droplets can travel nearly 20 feet

http://mythbustersresults.com/flu-fiction
Respiratory Syncytial Virus (RSV)
Respiratory Syncytial Virus (RSV)

- 95% of all young children get this infection
  - 75,000 to 100,000 hospital visits
  - Bronchiolitis (inflammation of airways)
- Season: November-April (same as flu)
- Can also cause cold like symptoms for adults
- Spread by touching, sneezing, or coughing
RSV in Children

- Causes severe inflammation of the small airway in the lung
- Infection is a risk factor for asthma later in life
RSV for Adults

- Symptoms of RSV is similar to the common cold
- A person with an RSV infection might cough, sneeze, and have a runny nose, fever, and decrease in appetite.
- Wheezing may also occur
- Most recover in about 1 to 2 weeks
RSV Treatment

- Fluids
- Rest
- Anti-inflammatories (e.g. Advil)
- Cough medicines or honey
- Saline Spray for nose
- Albuterol (usually for people with asthma)

- Antibiotics do not help!
Common Cold (Rhinovirus)
Common Cold

- Most common viral infection
- Over 200 different types
- Spread by air droplets and contact
- Getting wet in cold weather does not give you the common cold!
- Viruses can be contagious for up to 2-3 weeks!!

http://www.cdc.gov/getsmart/antibiotic-use/uri/colds.html
Common Cold Symptoms

Symptoms (~1 week):
- Sore throat
- Runny or stuffy nose
- Sneezing
- Headache
- Mild body aches
Common Cold Treatment

- Treatments
  - Fluids
  - Rest
  - Anti-inflammatories (e.g. Advil)
  - Cough medicines or honey
  - Saline Spray for nose

- Antibiotics do not help!
Prevention of Common Illnesses

- Get your flu shot (vaccine) each year
- Avoid close contact with sick people
- Wash your hands often
- Cover your cough or sneeze with a tissue (or elbow)
Prevention of Common Illnesses

- Stay home when sick
- Avoid touching your eyes, nose or mouth.
- Clean frequently touched surfaces at home, work or school
- Get plenty of sleep, exercise, manage your stress, drink plenty of fluids, and eat nutritious food.
Questions???

- Thank you!

- Next Deaf Health Talk on February 28: Women’s Health by Kimberly Kelstone