

Staying Healthy During Cold and Flu Season

Sabrina S. Thomas, RN, BSN, MPH, CIC
Infection Preventionist and Faith Community Nurse
DeKalb County School System Presentation
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Disclosure

I, Sabrina S. Thomas, have NO financial disclosure or conflicts of interest with the presented material in this presentation.

Agenda

- Respiratory Illnesses
- Cold vs Flu
- Overview of Flu and COVID-19
- Similarities and Differences between COVID-19 and Flu
- Ways To Stay Safe and Promote Prevention
- COVID-19 Safety Updates
- Key Take Aways

Respiratory Illnesses

Sneezing



Coughing



Fever

Common Cold

Influenza (Flu)

COVID-19

Cold vs Flu

- Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses.
- Flu is caused by influenza viruses only
- Common cold can be caused by a number of different viruses, including rhinoviruses, parainfluenza, and [seasonal coronaviruses](#).
- Seasonal coronaviruses should not be confused with SARS-COV-2, the virus that causes [COVID-19](#)

<https://www.cdc.gov/flu/symptoms/coldflu.htm>

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

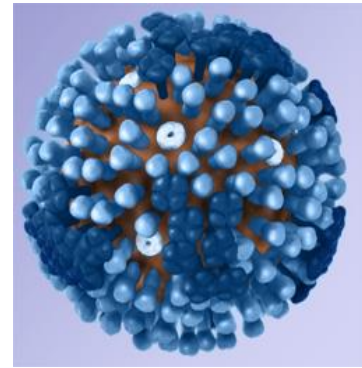


Common Cold

- **Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing**
- **Most people recover in about 7-10 days** - *people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as bronchitis or [pneumonia](#)*
- Common colds are the main reason that children miss school and adults miss work.
- Most people get colds in the winter and spring, but it is possible to get a cold any time of the year
- There is no cure for a cold - Antibiotics will not help you recover from a cold caused by a respiratory virus

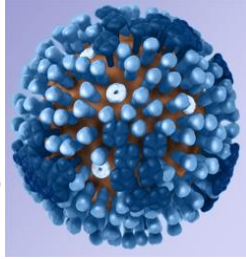
<https://www.cdc.gov/Features/rhinoviruses/>

INFLUENZA OVERVIEW



The 1918 flu was *pandemic*
2009 H1N1 flu pandemic

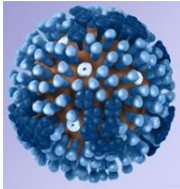
Currently Circulating Flu Viruses



4 different flu viruses circulating:

- Influenza A(H1N1) virus,
- Influenza A(H3N2) virus, and
- Two Influenza B viruses

2021-2022 U.S. Flu Season: Preliminary In-Season Burden Estimates



CDC estimates* that, from **October 1, 2021** through **June 11, 2022**, there have been:

8,000,000 – 13,000,000
flu **illnesses**



3,700,000 – 6,100,000
flu **medical visits**



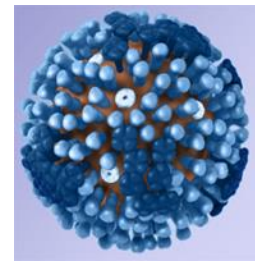
82,000 – 170,000
flu **hospitalizations**



5,000 – 14,000
flu **deaths**



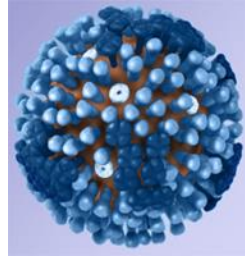
Weekly Influenza Report Update week ending 08/20/22



	Week 33	Data Cumulative since October 3, 2021 (Week 40)
No. of specimens tested	32,491	3,431,123
No. of positive specimens (%)	159 (0.5%)	134,375 (3.9%)
<i>Positive specimens by type</i>		
Influenza A	136 (85.5%)	132,205 (98.4%)
Influenza B	23 (14.5%)	2,170 (1.6%)

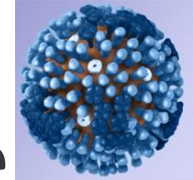
<https://www.cdc.gov/flu/weekly/index.htm>

Georgia Influenza Activity



- The flu season in Georgia begins in early October and can run as late in the year as May.
- Each year from October to mid-May, Georgia's Department of Public Health tracks flu activity throughout the State and reports the findings in the [Georgia Weekly Influenza Report](#).

<https://dph.georgia.gov/epidemiology/influenza/georgia-influenza-activity>



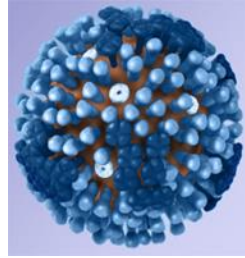
Georgia Weekly Influenza Report Update week ending 08/20/22

Summary: Clinical Laboratory Positives

	Week 33	Total since Week 40
No. of Specimens Tested	431	65,593
No. of Positive Specimens	1	2,681
<i>Influenza A</i>	1	2,456
<i>Influenza B</i>	0	225

https://influenzareport.s3.amazonaws.com/DPHFluReport_Week202233.html#georgia-virologic-surveillance

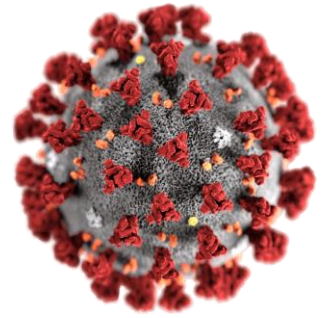
2022-2023 Influenza Season Updates:



- Seasonal flu activity is low at this time.
- Flu vaccines have been updated for the 2022-2023 season. Plan to get a flu vaccine this fall.
- All flu vaccines will be quadrivalent (four component) - protect against four different flu viruses
- A [COVID-19 pandemic](#) is **still** ongoing
- Flu vaccines and COVID-19 vaccines can be given at [the same time](#).
- [Higher dose](#) flu or adjuvanted flu vaccines are recommended over standard-dose unadjuvanted flu vaccines for people 65 years and older
 - Fluzone High-Dose Quadrivalent,
 - Flublok Quadrivalent and
 - Fluad Quadrivalent flu vaccines

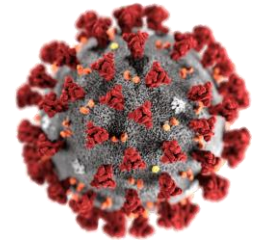
<https://www.cdc.gov/flu/>

COVID-19 OVERVIEW



COVID-19 was declared a pandemic in March 11, 2020 by the World Health Organization.

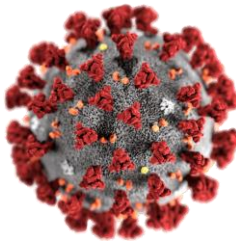
COVID-19 – What Is It?



- Coronaviruses are a large group of viruses that can cause illness in animals and humans <https://dph.georgia.gov/what-covid-19>.
- Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more serious illness <https://dph.georgia.gov/what-covid-19>.
- The 2019 novel (new) coronavirus causes the illness; coronavirus disease 2019 (COVID-19) <https://dph.georgia.gov/what-covid-19>
- The COVID-19 virus is constantly changing and new variants (small differences) are expected to occur. Sometimes they develop and disappear or could persist <https://www.cdc.gov/coronavirus/2019-ncov/variants/index.html>
- **Variants that have caused significant health impacts to date:**
 - Delta
 - Omicron (B.a.4, B.a.5...)

High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>



This shows the total number of COVID-19 cases since the pandemic started to show the overall spread of COVID-19.

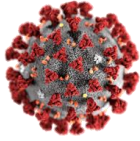
United States

Total Cases	TOTAL DEATHS
93,880,573 103,334 New Cases	1,037,953 454 New Deaths

Georgia

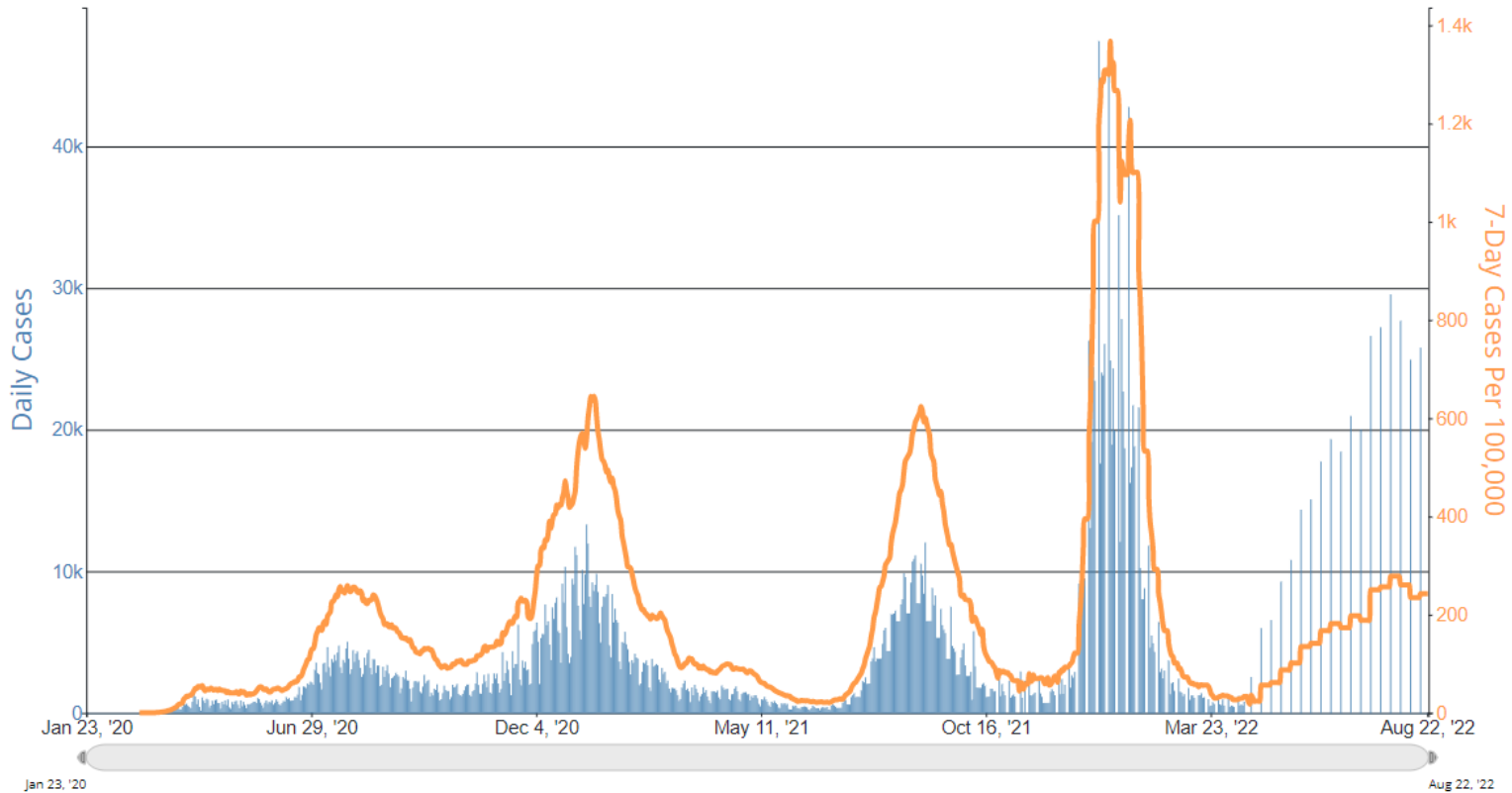
Total Cases	TOTAL DEATHS
2,852,706 0 New Cases	39,632 0 New Deaths

CDC | Data as of: August 26, 2022 2:19 PM ET. Posted: August 26, 2022 3:22 PM ET

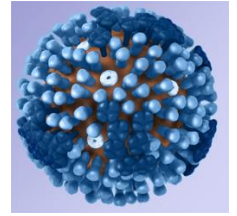
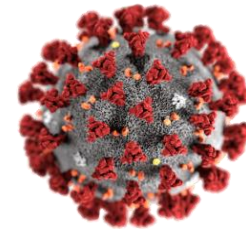


The waves of COVID in Georgia

Daily Trends in Number of Cases and 7-Day Cumulative Incidence Rate of COVID-19 Cases in Georgia Reported to CDC, per 100,000 population.



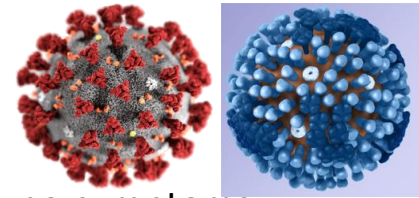
https://covid.cdc.gov/covid-data-tracker/#trends_dailycases_7daycasesper100k_13



Similarities and Differences

COVID-19 AND FLU

Similarities of COVID-19 and FLU



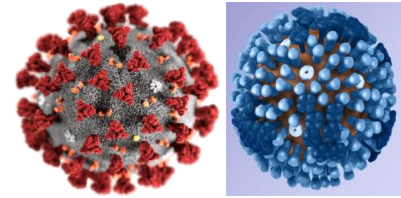
Both COVID-19 and Flu can have varying degrees of symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

- *Fever or feeling feverish/having chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea
- **Change in or loss of taste or smell**, although this is more frequent with COVID-19.

* It's important to note that not everyone with flu will have a fever.

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Time From Exposure to Symptom Onset



Similarities:

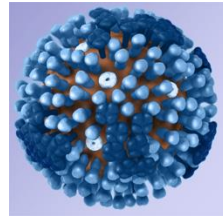
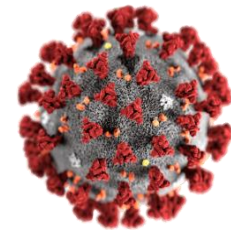
- **For both COVID-19 and Flu**, 1 or more days can pass from when a person becomes infected to when they start to experience symptoms of illness.

Differences:

- If a person has COVID-19, it could take them longer to experience symptoms than if they have flu.
- Flu** - Typically, a person may experience symptoms anywhere from **1 to 4 days after infection**.
- COVID-19** - Typically, a person may experience symptoms anywhere from **2 to 14 days after infection**.

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

How They Spread

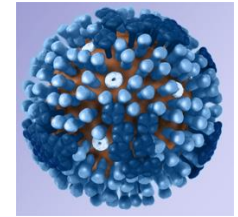
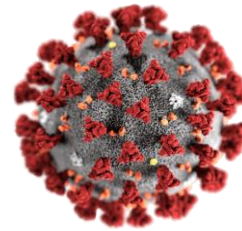


Through respiratory droplets produced when an infected person coughs or sneezes.

- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Between people who are in close contact with one another (within about 6 feet).
- May be possible that a person can get infected by touching another person (for example, shaking hands with someone who has the virus on their hands), or by touching a surface or object that has virus on it, and **then touching their own mouth, nose, or eyes.**
- Can be spread to others by people who **never experience symptoms (asymptomatic)**

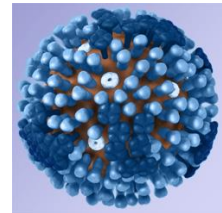
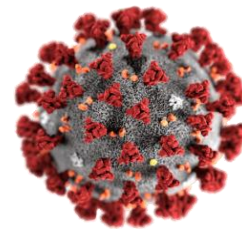
<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

How COVID-19 and Flu Differ



- The virus that causes COVID-19 is generally more contagious than Flu viruses.
- COVID-19 has been observed to have more superspreading events than flu - **can quickly and easily spread to a lot of people**
- Based off studies of prior variants, including Delta:
 - *On average, people can begin spreading the virus 2-3 days before their symptoms begin, but infectiousness peaks 1 day before their symptoms begin.*
 - *On average, people can continue to spread the virus another 8 days after their symptoms began*

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>



Higher Risk for Severe Disease

Similarities

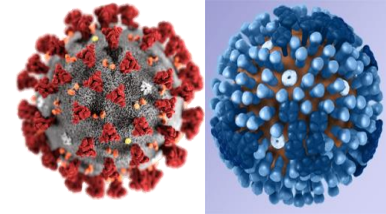
- **Both COVID-19 and Flu** illness can result in severe illness and complications. Those at highest risk include:
 - Older adults (=>65 years)
 - People with certain underlying medical conditions (including infants and children)
 - Pregnant people

Differences:

- Overall, COVID-19 seems to cause more serious illnesses in some people.
- Serious COVID-19 illness resulting in hospitalization and death can occur even in healthy people.

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Complications from COVID-19 and Flu



Similarities

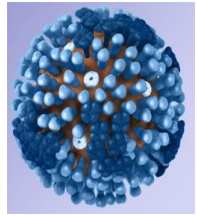
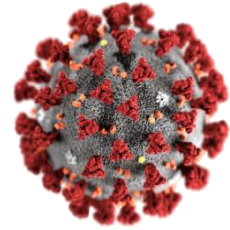
- Pneumonia
- Respiratory failure
- Acute respiratory distress syndrome (fluid in the lungs)
- [Sepsis](#) (a life-threatening illness caused by the body's extreme response to an infection)
- Cardiac injury (for example, heart attacks and stroke)
- Multiple-organ failure (respiratory failure, kidney failure, shock)
- Worsening of chronic medical conditions (involving the lungs, heart, or nervous system or diabetes)
- Inflammation of the heart, brain, or muscle tissues
- Secondary infections – bacterial or fungal diseases

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Differences

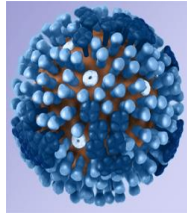
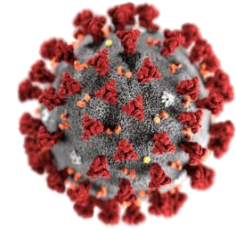
- Secondary bacterial infections are more common with influenza than with COVID-19
- Diarrhea is more common in young children with flu than in adults with flu.
- Additional complications associated with COVID-19 can include:
 - Blood clots in the veins and arteries of the lungs, heart, legs or brain
 - [Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#) and in Adults (MIS-A)
 - **Post-COVID Conditions** - are a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19 or can appear weeks after infection.
 - Long COVID can happen to anyone who has had COVID-19, even if their illness was mild, or if they had no symptoms.

Testing for COVID-19 and Flu



- You cannot tell the difference between COVID-19 and Flu just by looking at the symptoms alone because they have some of the same symptoms.
- You can get both COVID-19 and Flu at the same time
- There is a test that will check for seasonal flu type A and B viruses and SARS-CoV-2, the virus that causes COVID-19

https://www.cdc.gov/flu/symptoms/testing.htm#anchor_1596736120603



Treatment for COVID-19 and FLU

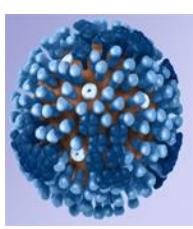
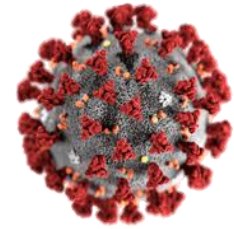
COVID-19

- The Food and Drug Administration (FDA) has approved one drug, remdesivir (Veklury®), to treat COVID-19.
- FDA has issued [emergency use authorizations](#) (EUAs) to allow healthcare providers to use investigational products that are not yet approved, or that are approved for other uses, to treat patients with COVID-19

FLU

- Prescription [influenza antiviral drugs](#) are FDA-approved to treat flu.

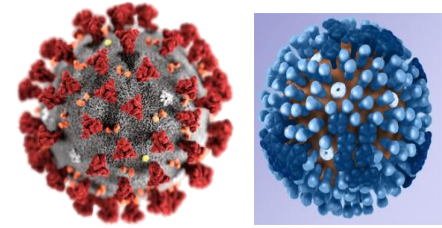
<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>



Ways to Stay Safe and Promote Prevention



Vaccines



COVID-19

- Four [COVID-19 vaccines](#) are authorized or approved for use in the United States to help prevent COVID-19
- For **primary series vaccination**, *Moderna*, *Pfizer-BioNTech*, and *Novavax* are recommended.
- For **booster vaccination**, [Moderna](#) or [Pfizer-BioNTech](#) (COVID-19 mRNA vaccines) are recommended and must be used for the second booster dose.
- You may get [Johnson & Johnson's Janssen COVID-19 vaccine](#) in some situations.

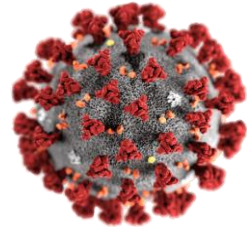
NOTE: People who have COVID-19 should wait to receive any vaccine, including a COVID-19 vaccine, until after they recover and [complete their isolation period](#).

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html# covid-vaccines>

FLU

- Multiple FDA-licensed [influenza vaccines](#) produced annually to protect against the 4 flu viruses that scientists expect will circulate each year.
- It's best to be vaccinated before flu begins spreading in your community. September and October are generally good times to be vaccinated against flu.
- Ideally, everyone should be vaccinated by the end of October.
- Vaccination should continue after October and throughout the influenza season as long as influenza viruses are circulating and unexpired vaccine is available.

<https://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm#what-virus>



Fully Vaccinated and Up to Date (UTD)

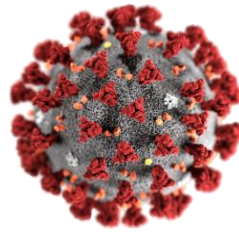
- **Fully vaccinated** means a person has received all recommended doses in their primary series of COVID-19 vaccine.

2 weeks after final dose in primary series for Pfizer(2 doses 3-8 weeks apart) and Moderna (2 doses 4-8 weeks apart); 2 weeks after 1st dose for Johnson & Johnson

- **Up to date** means a person has received all recommended doses in their primary series COVID-19 vaccine, and a [booster dose](#) when eligible.
- CDC recommends COVID-19 primary series vaccines for **everyone ages 6 months and older**, and COVID-19 boosters for **everyone eligible ages 5 years and older**.

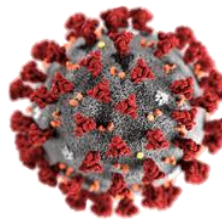
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

You are also considered UTD if:



- You have completed your primary series but are ***not yet eligible for a booster***
- You have received 1 booster but are ***not recommended to get a 2nd booster***
- You have received 1 booster but are ***not yet eligible for a 2nd booster***
- Stay up to date by getting recommended boosters when you are eligible.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html#recommendations>



When To Get a Booster?

Find Out When You Can Get Your Booster



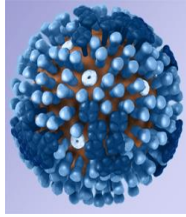
Boosters are an important part of protecting yourself from getting seriously ill or dying from COVID-19. They are recommended for most people.

Use this tool to determine when or if you (or your child) can get one or more COVID-19 boosters.

[Find Out When to Get a Booster >](#)

This tool is intended to help you make decisions about getting COVID-19 vaccinations. It should not be used to diagnose or treat COVID-19.

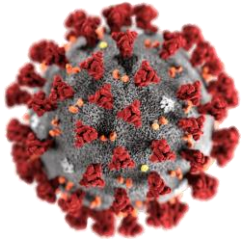
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Flu Vaccines

Seasonal flu vaccination is recommended for ***everyone 6 months of age and older*** unless they have a specific contraindication to flu vaccine.

<https://www.cdc.gov/flu/prevent/index.html>



Dispel Myths and Disbeliefs

MYTH - A COVID-19 vaccine can make me sick with COVID-19

- **FACT** - *Because none of the authorized [COVID-19 vaccines in the United States](#) contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.*

MYTH - COVID-19 vaccines can alter my DNA

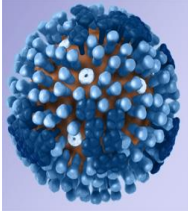
- **FACT** - *COVID-19 vaccines do not change or interact with your DNA in any way*

MYTH - COVID-19 vaccines contain microchips

- **FACT** - *COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.*

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Dispel Myths and Disbeliefs



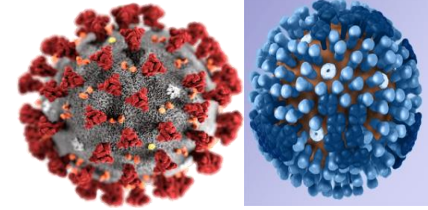
Can a flu vaccine give you flu? *No, flu vaccines cannot cause flu illness.*

Is it better to get sick with flu than to get a flu vaccine? *No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.*

What about people who get a seasonal flu vaccine and still get sick with flu symptoms? *This can be due to various reasons including timing of flu vaccination and exposure to flu virus*

<https://www.cdc.gov/flu/prevent/misconceptions.htm>

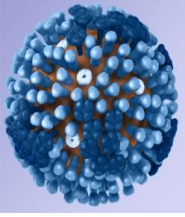
Everyday Practices



- Avoid close contact with people who are sick
- **Stay Home** - If you are sick, limit contact with others as much as possible to keep from infecting them
- Cover coughs and sneezes
- [Wash your hands](#) often with soap and water.
- If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol content.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect frequently-touched surfaces and objects

<https://www.cdc.gov/flu/prevent/prevention.htm>

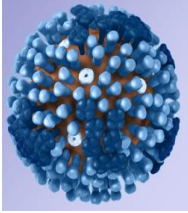
Flu Prevention Specific to Schools



- **Encourage students, parents, and staff to get a yearly flu vaccine.**
- Offer flu drives
- Encourage students and staff to stay home when sick

<https://www.cdc.gov/flu/school/guidance.htm#recommendations>

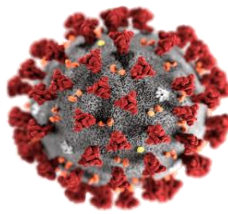
Flu Prevention Specific to Schools



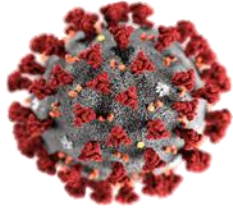
- Separate sick students and staff from others until they can be picked up to go home. When feasible, identify a “sick room” through which others do not regularly pass.
- The sick room should be separated from areas used by well students for routine health activities, such as picking up medications.

<https://www.cdc.gov/flu/school/guidance.htm#recommendations>

COVID-19 Prevention Specific to Schools

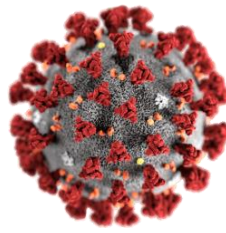


- Practice the Everyday Prevention Measures
- Stay up to Date on COVID-19 Vaccines
- Improve ventilation in school settings:
 - **Bring in as much outdoor air as possible**
 - **Ensure Heating, Ventilation, and Air Conditioning (HVAC) settings are maximizing ventilation**
 - **Filter and/or clean the air in your school or childcare program**
 - **Use exhaust fans in restrooms and kitchens**
 - **Open windows in transportation vehicles**



COVID-19 SAFETY UPDATES

Centers from Disease Control and Prevention (CDC)



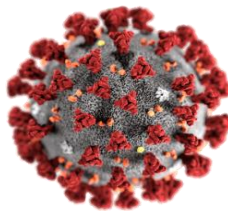
COVID-19 Community Levels

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>.

The COVID-19 Community Level can be accessed to check the community status of COVID-19 in your specific county.

CDC updates data weekly

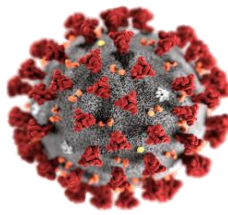
Updated CDC Guidance for Schools



- Follow prevention recommendations based on the **COVID-19 Community Level of the community in which the school or ECE program is located.**
- **CDC no longer recommends routine screening testing in K-12 schools -** *However, at a high COVID-19 Community Level, K-12 schools and ECE programs can consider implementing screening testing for students and staff for **high-risk activities, key times in year, and when returning from breaks***
- **Removed the recommendation to quarantine** when exposed to COVID-19, except in high-risk congregate settings
- Removed information about Test to Stay
- **Added detail information on when to wear a mask,** managing cases and exposures, and responding to outbreaks

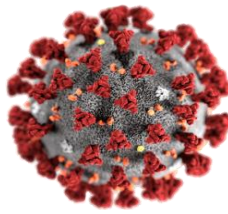
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html>

Masking



- Wearing a [well-fitting mask](#) or respirator consistently and correctly reduces the [risk of spreading the virus](#) that causes COVID-19.
- At a *high COVID-19 Community Level*, universal indoor masking in schools and ECE programs is recommended, as it is in the community at-large.
- CDC also **recommends masking** at all times in [healthcare settings](#), **including school nurses' offices, regardless of the current COVID-19 Community Level.**
- People who have known or suspected exposure to COVID-19 should also wear a **well-fitting mask or respirator around others for 10 days from their last exposure**, *regardless of vaccination status or history of prior infection*

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html>



Understand Your Risk – COVID-19

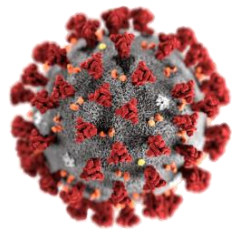
Guidance to help you make informed decisions to prevent severe COVID-19

- 1**
Know your risk
- 2**
Protect yourself
- 3**
Take action if exposed
- 4**
Take action if you are sick or test positive

 [bit.ly/MMWR7133](https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html) **MMWR**
AUGUST 11, 2022

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html>

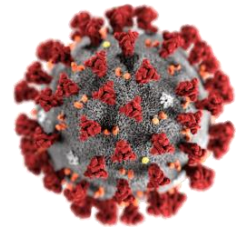
After Being Exposed to COVID-19



- **Wear a [mask](#)** as soon as you find out you were exposed
- **Start counting from Day 1**
- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure
- **Continue for 10 full days**
- **Monitor for Symptoms** (e.g. temp ≥ 100.4 F, cough, shortness of breath). If symptoms, isolate and get tested
- **Get tested at least 5 full days after your last exposure** (Day 06) – even if not having symptoms

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

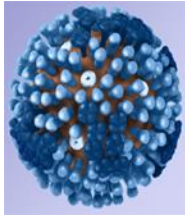
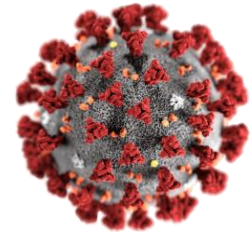
Isolation Guidance



- **Stay home** for at least 5 days and isolate from others in your home
- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.

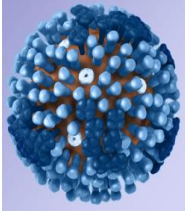
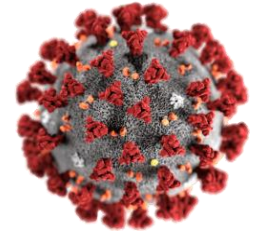
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

Key Takeaways



- ✓ Stay Up To Date with Your Vaccines
- ✓ Avoid Close Contact with people who are sick
- ✓ Stay Home if you are ill
- ✓ Cover coughs and sneezes
- ✓ Wear high-quality mask as necessary
- ✓ Wash Your Hands often
- ✓ Avoid touching your eyes, nose, and mouth
- ✓ Clean and disinfect frequently-touched surfaces and objects
- ✓ Follow latest public health guidance on prevention, exposure and isolation practices

Vaccination Providers



- Visit [Vaccines.gov](https://www.vaccines.gov) to find vaccination providers near you; including **Flu vaccines**. In some states, information may be limited while more U. S. vaccination providers and pharmacies are being added.
- **Ask your doctor, pharmacist, community health center, local health department** if they provide vaccines.
- **Check your local pharmacy's website to see if vaccination appointments are available.** Find out which pharmacies are participating in the [Federal Retail Pharmacy Program](#).

Questions?