



January 2020

## Region XI EMS Monthly Pearls

- **Influenza (Flu) Activity** has been increasing locally and nationally per the Centers for Disease Control (CDC).
- **Symptoms of Influenza** can be mild to severe and include fever, sore throat, rhinorrhea (runny nose), myalgias (muscle aches), headache, fatigue, vomiting, and diarrhea.
- There are two main types of the influenza virus: **Type A and Type B**.
- EMS Providers can **protect themselves from influenza** by receiving an influenza vaccination, frequent handwashing, and placing a surgical mask on yourself and your patient during care to prevent respiratory transmission.
- Specific **high-risk groups** for influenza complications include adults greater than 65 years, children less than 2 years, pregnant women and postpartum women two weeks after delivery, chronic health conditions or a weakened immune system.

Questions? Contact your hospital EMS Coordinator or EMS Medical Director