



The East Side Flyer

www.eastsidefire.com

November 2018



FLU VACCINATIONS

Flu season is upon us.

- Historically, the season runs from October through March, with significant numbers of flu in December and January, peaking in February, and tapering off through March.
- The 2017/2018 flu season was brutal. The dominant viral strain was a severe form of influenza and last year's flu vaccine was only 36% effective.
- There were approximately 80,000 flu deaths, including 180 children, last year. It was the highest number of flu deaths in 40 years.



From the Center for Disease Control (CDC)

- Get your flu vaccination at the beginning of the season, before flu is widespread, because it takes about 2 weeks for it to take effect. **However it's never too late to get your vaccination.**
- Those at greatest risk for flu complications are children under 5, adults over 65, pregnant women, residents in long-term care facilities, and persons with other medical conditions, such as neurological conditions, asthma and other chronic lung diseases, heart disease, kidney, endocrine, liver or blood disorders, weakened immune system, and extreme obesity.

Getting your vaccination

- There are several flu vaccines available. Consult your physician about which one is right for you.
- Vaccinations can be obtained through your physician, at many pharmacies or at a clinic. An appointment may be recommended to avoid long lines.
- Possible side effects include pain or redness at the injection site, mild body aches, low grade fever, mild malaise. If you receive the nasal spray vaccine, you may experience a runny nose, headache, sore throat or cough.
- It's best not to get a vaccination while you are sick.

The more people get vaccinations, the fewer people get the flu. The fewer people get the flu, the fewer virus germs will be spread - leading to a healthier community.

Get your vaccination soon!



FLU SYMPTOMS OR CARBON MONOXIDE?

* Breathing high levels of carbon monoxide (CO) can cause loss of consciousness and death in a matter of minutes.

* Early symptoms of CO poisoning often mimic flu symptoms. They include headache, nausea, confusion, shortness of breath, weakness, and lethargy.

* Severe symptoms of CO poisoning are convulsions, unconsciousness and can quickly lead to death. If you suspect CO poisoning, **CALL 911 and get fresh air immediately.**

* To ensure safety – make sure generators and other fuel-burning appliances are in good working order without leaks; make sure all flues, vents and chimneys are unobstructed; install an audible carbon monoxide alarm.



**Tuesday
November 6
8:00AM –
8:00PM**



**Veterans Day
November 11**

Jo Moncrief, ESFD Community Relations

A huge thank you to ESFD volunteers who worked 70 hours collecting **47 LARGE** bags of trash along Highway 97 and Burma Road.



**PLEASE
DON'T
LITTER**



**Sunday
November 4
2:00AM**