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Your SASH Team

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THIS MONTHS HOT TOPIC Cold and Flu season

When fall rolls around, the weather begins changes, you start to get in the holiday spirit, and... almost everyone gets sick? This isn't a coincidence. The colder weather coincides with the beginning of flu season a time when people being diagnosed with the flu occurs more frequently than normal rates.

While the flu has similar symptoms as the common cold sore throat, cough, and a runny nose. The flu can result in far more devastating consequences. This is especially true among seniors, who experienced higher rate of hospitalization or even death. Between 2010 and 2018 arrange of 12,000 to 56,000 people died every year because of the flu, according to the Centers for Disease Control and Prevention, and many of them were people over the age of 65.

The flu is preventable with handwashing, vaccines and other preventative measures. So let's discuss exactly what the flu is, what it looks like, how it spreads, and how seniors can protect themselves from the virus.

There are three main types of influenza viruses

Influenza A

This is the most common type of influenza that causes basically all of the flu epidemics and pandemics around the world. This version of influenza can infect humans and animals, and it is often found in wild birds as well, which carry the disease across continents. Influenza A has caused many of the flu pandemics in the 20th and 21st centuries.

Influenza B

Along with influenza A , influenza B helps make up most of the infected population every year. This strand only survives in human, so it is passed along among us homosapiens.

Influenza C

The mildest of the three main forms of influenza viruses, influenza C is passed around among humans and swine. No epidemics are caused by

When the flu is widespread, be quick to suspect that a sick older person might have the flu.

- Remember that older adults can get quite sick from the flu even if they don't have a fever, a cough, a sore throat, body aches, or any of the other "typical" flu symptoms.
- A worsening of a chronic heart or lung condition (especially COPD or heart failure) can be caused by influenza.
- **Don't delay in seeking medical attention**, and in asking about anti-virals for influenza.
- **Be proactive about asking for influenza testing and anti-virals** while any test results are pending.
 - Don't expect the doctors to check for influenza or offer anti-virals. Many will, but some won't.
- **If a rapid influenza test is negative in an older person who is quite sick or has typical flu symptoms**, ask about getting a more accurate test done.

Hopefully, the doctors will appreciate your proactive approach and how well-informed you are.

***Stay warm, stay healthy, stay informed ***

Happy healthy Holiday season from all of us here at SASH <3



Resources

<http://www.webmd.com/>

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

The **SASH Model** helps Vermont's seniors and individuals with special needs access the care and support they need to stay healthy while living comfortably and safely at home. SASH communities include a care coordinator and wellness nurse who work in partnership with a team of community providers to assist SASH participants.

