

What's "Flu" to You?

Stomach "Flu" vs. Influenza

Developed by

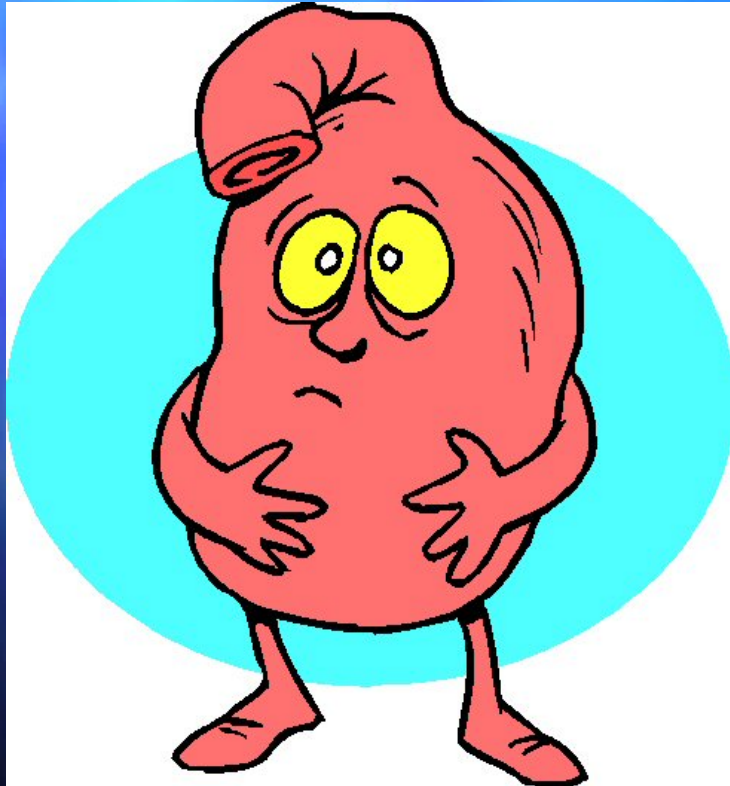
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"I had the flu..."



"I had the flu..."

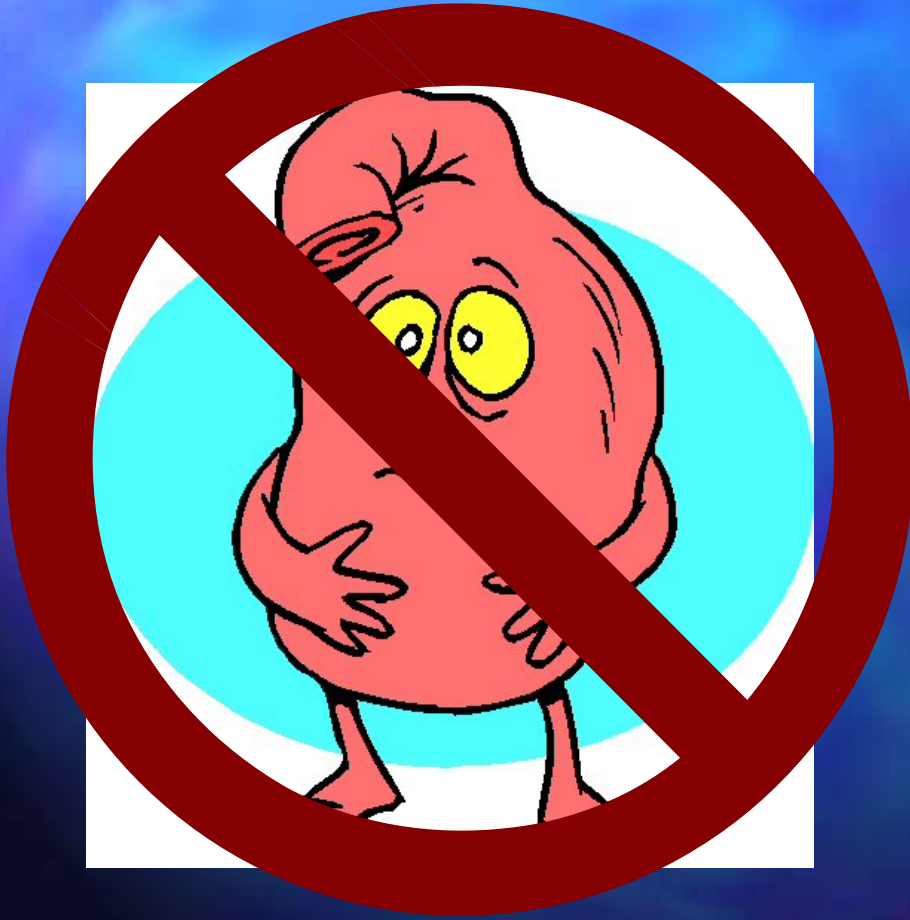




Influenza = "flu"



Influenza \neq Stomach "Flu"



Stomach "flu" = Norovirus

- Stomach "flu" = "Winter Vomiting Disease"
- Stomach "flu" = 24-hour bug
- **Stomach "flu" ≠ Influenza**

A "flu" by any other name...

- Influenza = "flu"

- ➔ ■ **Seasonal Flu**

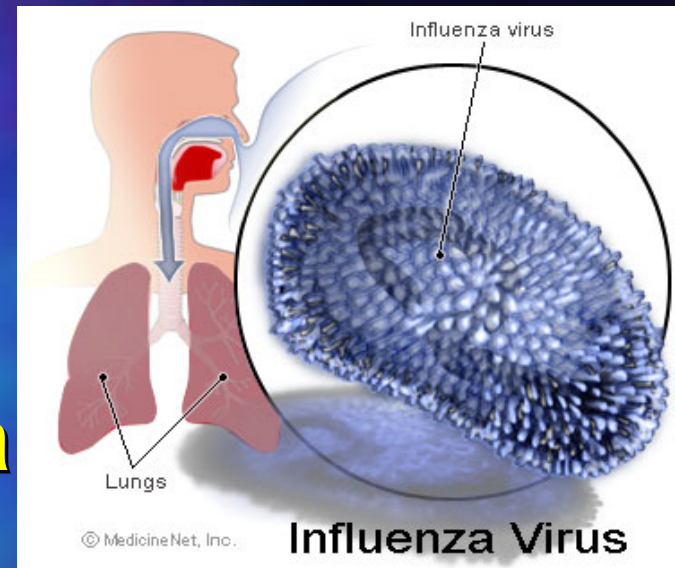
- Pandemic Flu

- Avian Flu



Seasonal Flu

- Caused by the **influenza virus, not Norovirus**
- Usually occurs during the winter
- Easily spreads from person to person
- **Vaccine is available**



Seasonal Influenza

- Incubation period is usually 1-3 days
- Symptoms
 - Fever (often sudden), chills, headache, muscle aches, dry cough, sore throat, weakness, runny nose, may last three to five days or more
 - People can shed the virus without showing symptoms of infection

Seasonal Influenza

- The virus can be spread:
 - Cough/Sneeze
 - Most important (within 3 feet)
 - Contact
 - Contaminated articles



The Burden of Seasonal Influenza

- 250,000 to 500,000 deaths globally/yr
- 36,000 deaths and > 200,000 hospitalizations/yr in U.S.
- \$37.5 billion in economic costs/yr in U.S. related to influenza and pneumonia

Prevention

- Social Distancing
- Annual flu vaccine
- Hand hygiene
- Respiratory etiquette
“Cover your cough”

Social Distancing

- Three feet from other people
- Limit face-to-face contact



Hygiene: Wash Your Hands

- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty, and
- More frequently when someone in your home is sick
- Avoid touching your eyes, nose or mouth

Wash Your Hands

Use soap and warm
running water for
At least 20 seconds



OR

Use an alcohol based
hand sanitizer for at
least 15 seconds.



If you become ill...

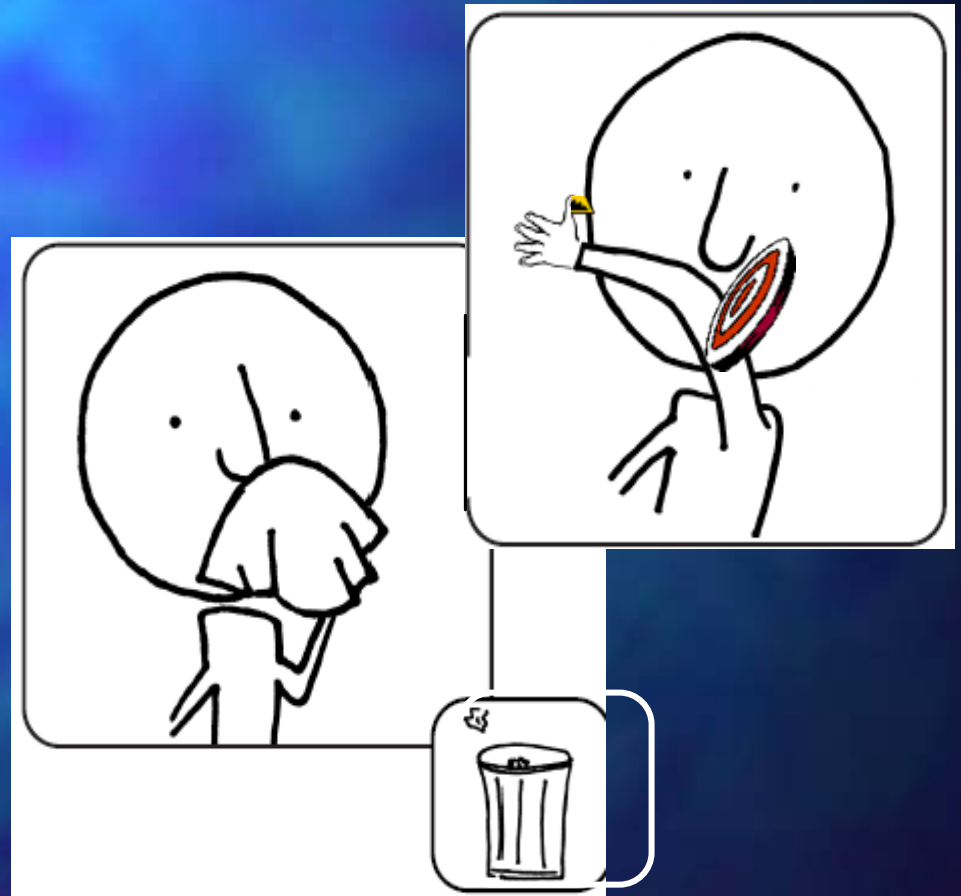


Sneezes and Coughs are powerful germ explosions



Cover Your Coughs and Sneezes

- Use a tissue or inside of your elbow when sneezing or coughing.



Stay home when you are sick

- Stay home if you have...
 - A fever of 101 degrees
- If needed, seek medical care



Influenza is not Stomach Flu

- Stomach flu is caused by Norovirus
- Like influenza, Norovirus is very contagious
- Often in media stories

**EXTRA! EXTRA! READ
ALL ABOUT IT!!!**

Norovirus tears across US!!!

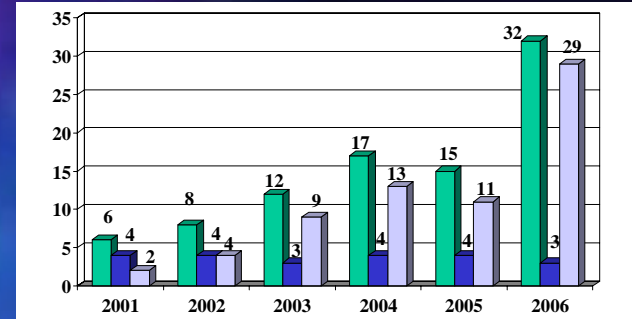


2006 Record Breaking Year

- State of Oregon received 119 Noro outbreaks reports
- 25 were Marion County's
- 2007—seven in January (record)

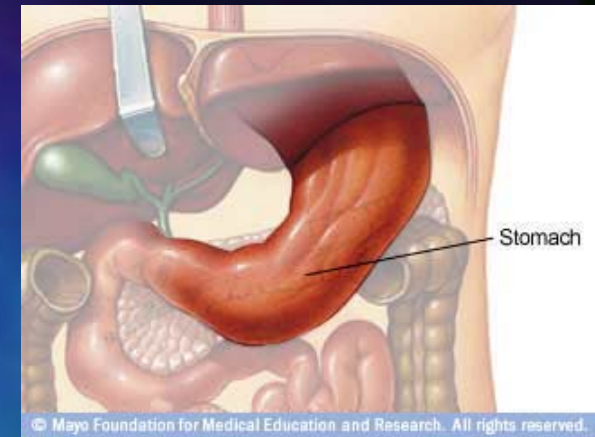


On to Another Record Breaking Year



- "Norovirus outbreaks in Oregon ahead of last year's record pace"—Headline in 1/12/2007 Statesman Journal
- CDC Norovirus specialist—current outbreak of illness appears to be the worst since 2002-2003
- Don't know why—speculate different strain, easier to transmit, spawns more severe symptoms

What are noroviruses?



- Group of viruses that cause the “stomach flu,” or gastroenteritis
- The term **norovirus** was recently approved as the official name for this group of viruses
- Approximately **23 million** cases each year in U.S.
- Leading cause of outbreaks of gastroenteritis

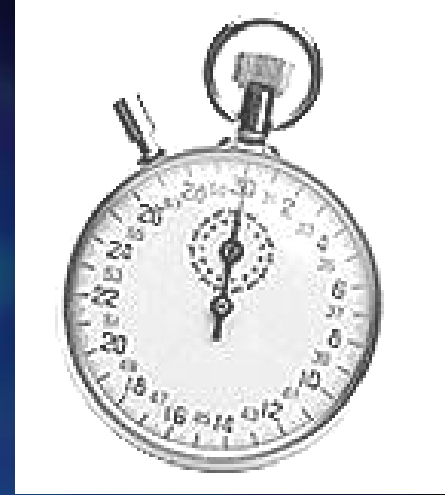
Norovirus Symptoms



- Nausea, vomiting, diarrhea, abdominal cramps
- Sometimes low-grade fever, chills, headache, myalgia, fatigue
- Often begins suddenly, and the infected person may feel very sick



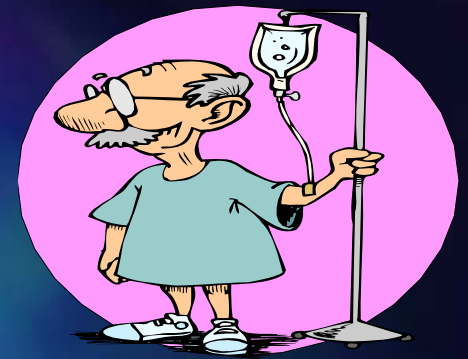
Incubation, Duration, Communicability



- Incubation period (how long does it take to get sick): 12 - 48 hours (median in outbreaks is 33 - 36 hours)
- Duration of illness: Typically 1 - 2 days
- **Contagious period: onset through 72 hours after recovery**



How serious is it?



- Usually not serious, although people may feel very sick and vomit many times a day
- Most get better within 1 or 2 days, and they have no long-term health effects related to their illness
- **Can be serious for the very young, the elderly, and persons with weakened immune systems due to dehydration**

Transmission

- Found in the stool and vomit of infected people
- Infective dose as few as 10 viral particles
- Can be transmitted several ways:
 - **Eating food or drinking liquids** that are contaminated with norovirus
 - Direct person-to-person spread
 - Airborne and fomite transmission in droplets contaminating surfaces or entering the mouth and being swallowed



Immunity



- Limited immunity, may be strain specific and last only a few months
- Can recur throughout a person's lifetime
- Some people are more likely to become infected and develop more severe illness than others
 - Example: people with O blood group most susceptible

Norovirus (Stomach 'Flu')

Treatment



- Drink plenty of fluids to prevent dehydration
- No antiviral medication
- **No vaccine to prevent Norovirus**
- Cannot be treated with antibiotics because antibiotics work to fight bacteria, not viruses

Cleaning



- If possible, wear gloves, mask when cleaning up vomit or diarrhea
- Contaminated hard surfaces: soak up excess liquid with paper towels, thoroughly clean with hot water and detergent, and disinfect with a bleach solution (5 Tablespoons of 6% household bleach to one gallon of water)
- Contaminated carpets: soak up excess liquid with paper towels, clean with hot water and detergent, then disinfect with bleach solution (if bleach-resistant) or steam clean
- Frequently clean hand contact surfaces, e.g. door handles, railings, tabletops, bathroom fixtures, etc. with bleach solution



Hand Washing



- After using restrooms and before eating
- Before and after direct contact with ill person
- Hand wash sinks have warm water, soap, and paper towels
- Alcohol-based hand sanitizer to supplement hand washing



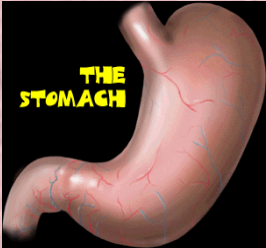
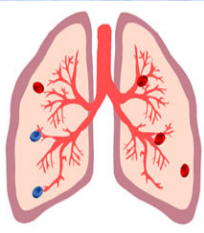
Critical Characteristics

- Highly contagious
- Multiple modes of transmission
- Stable in the environment
- Resistant to routine disinfection methods
- Asymptomatic infections
- Limited immunity
- Not the same as seasonal flu (influenza)

Stay home when you are sick

- Stay home if you have...
 - Vomiting
 - Diarrhea
- If needed, seek medical care

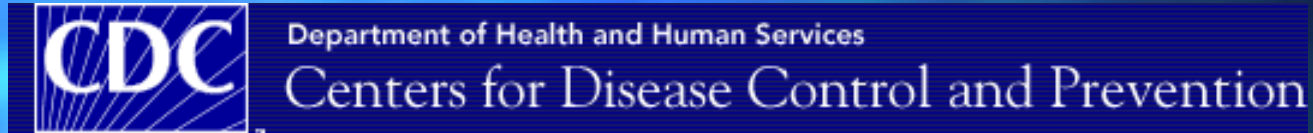


Symptom	Norovirus (aka Stomach Flu) 	Influenza (aka Flu) 
Headache	Common	Common
Fatigue	Common	Common
Malaise	Common	Common
Myalgia	Common	Common
Fever	Sometimes Low-grade	Common > 102 F
Cough	No	Common
Cramps	Common	Uncommon
Nausea	Common	Uncommon
Vomiting	Common	Uncommon (can be seen in children)
Diarrhea	Common	Uncommon

Questions?



Sources



Robert E. Wheeler, MD, FACEP. Voyager Medical Seminars
Karen Landers, MD, MPH, Marion County Health Department