

Monthly Nutrition Education

Topic: Protect Against the Flu Time: 15 minutes Date: _____

Nutrition Provider/Site: _____

Homebound: ___ OR # of Attendees: ___ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<p>The learner will be able to:</p> <ul style="list-style-type: none"> • List 3 actions to protect against the flu. 	<p>You can take action to protect against the flu</p>	<p>Use lesson plan: <i>Protect Against the Flu</i></p> <ul style="list-style-type: none"> • Introduction • Handout Discussion • Handout Distribution • Summary Statement 	<p>Provide participants or home delivered meal client with:</p> <ul style="list-style-type: none"> • Handout: <ul style="list-style-type: none"> ○ <i>CDC Urges You to Take 3 Actions to Protect Against the Flu (English or Spanish)</i>
<p>For more information, go to: http://www.cdc.gov/flu/freeresources/2009-0/pdf/h1n1_take3.pdf http://www.flu.gov/</p>		<p style="text-align: right;">Prepared By: Gayle Dietz, RD, LD Information obtained from Centers for Disease Control and Health Promotion</p>	

Nutrition Lesson Plan
Topic: Protect Against the Flu

Main Message: You Can Take Action to Protect Against the Flu

Introduction with Audience (2 minutes): Remind audience of presentation on Covering Cough and Hand-Washing (May Education). Then discuss how those two important habits can help keep flu away. Review flu symptoms listed by Center for Disease Control:

- Fever (defined as 100.4 degrees or more),
- cough,
- sore throat,
- runny or stuffy nose,
- body aches, headache,
- chills,
- fatigue,
- and some people may also have vomiting and diarrhea.

This year we have the usual "seasonal flu" plus the H1N1 Flu. Without a test, you cannot tell which one you have.

Discussion of Handout (10-15 minutes): The Center for Disease Control suggests 3 Steps to Staying Safe during Flu Season. Using hand-out, read and review steps.

Distribute Handout: CDC Urges You to Take 3 Actions to Protect Against the Flu

Summary Statement: The Holiday Season is a wonderful time to celebrate with family and friends. You want to stay healthy. So follow advice to protect against Flu:

- Take time to get a flu vaccine.
- Take everyday preventive actions including: Cover your Cough and Wash your Hands.
- And if your doctor says to, take flu drugs.

Suggested Materials: Handout: " CDC Urges You to Protect Against the Flu"

CDC Urges You to Take 3 Actions to Protect Against the Flu

#1 Take time to get a flu vaccine.

- CDC recommends a yearly seasonal flu vaccine.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- A seasonal vaccine will not protect you against 2009 H1N1. There is a new vaccine for the 2009 H1N1.
- People at greatest risk for 2009 H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease. People over 65 are not at high risk unless they have chronic health conditions.
- Ask your doctor if you should get a 2009 H1N1 vaccine.

#2 Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue in the trash. Or cough or sneeze in your elbow.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.

#3 Take flu antiviral drugs if your doctor says to.

- If you get seasonal or 2009 H1N1 flu, antiviral drugs can treat the flu.
- Antiviral drugs are prescription medicines that fight against the flu by keeping viruses from reproducing in your body. They can make illness milder and shorten the time you are sick.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.
- For treatment, antiviral drugs work best if started within the first 2 days of symptoms.

Taken from: http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1_take3.pdf

Visit <http://www.flu.gov/> to find out what to do if you get sick with the flu and how to care for someone at home who is sick with the flu.

Los Centros para el Control y la Prevención de Enfermedades (CDC) recomiendan que tome las siguientes medidas para protegerse a usted contra la influenza (la gripe):

#1 Tome tiempo para vacunarse contra la influenza tan pronto la vacuna esté disponible.

- Los CDC recomiendan la vacunación anual contra la influenza estacional.
- La vacunación es de particular importancia para personas con más alto riesgo de sufrir complicaciones graves de la influenza, como niños pequeños, mujeres embarazadas, personas con afecciones médicas crónicas como asma, diabetes, enfermedades cardíacas o pulmonares y personas de 65 años o más.
- La vacuna contra la influenza estacional no lo protegerá contra la influenza “2009 H1N1”. Hay una vacuna contra la influenza “2009 H1N1”.
- Las personas que tienen un mayor riesgo de infección por la influenza “2009 H1N1” incluyen niños, mujeres embarazadas y personas con afecciones crónicas de salud como asma, diabetes y enfermedades cardíacas y pulmonares. Personas de 65 años o más no tienen un mayor riesgo a menos que tienen afecciones crónicas de salud.

#2 Tome medidas preventivas a diario.

- Cúbrase la nariz y la boca con un pañuelo desechable cuando tosa o estornude. Bote el pañuelo desechable usado a la basura.
- Lávese con frecuencia las manos con agua y jabón, en especial después de toser o estornudar. Si no hay agua y jabón, use un gel desinfectante para manos a base de alcohol.
- Evite tocarse los ojos, la nariz y la boca. Esta es la manera en que se propagan los gérmenes.
- Evite el contacto cercano con las personas enfermas.
- Cuando esté enfermo, limite el contacto con los demás para evitar infectarlos.

#3 Tome medicamentos antivirales si su médico se lo recomienda.

- Si usted se enferma con la influenza estacional o con la influenza “2009 H1N1”, los medicamentos antivirales pueden servir para el tratamiento de la enfermedad.
- Los medicamentos antivirales son medicamentos recetados que combaten la influenza al evitar que los virus de esta enfermedad se reproduzcan en el cuerpo. Estos medicamentos pueden hacer que su enfermedad sea más leve y que usted se sienta mejor en forma más rápida. ■ Los medicamentos antivirales no se venden sin receta y son diferentes a los antibióticos.
- Si se usan para el tratamiento, los medicamentos antivirales funcionan mejor si se administran en los 2 días desde el momento en que aparecen los síntomas.

Obtenida de: http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1_take3.pdf

Visite <http://www.flu.gov/> para saber lo que debe hacer si se enferma con la influenza y cómo cuidar a una persona en su casa que esté enferma con la influenza.

Dec 2009