

**Our Lady of Prompt Succor Nursing Facility
C'est la Vie Apartments
Newsletter ~ October 2020**

† *A Ministry of the Marianites of Holy Cross* †

Flu Season: Recommendation – Center for Disease Control and Prevention (CDC)

While seasonal influenza (Flu) viruses can be detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of Flu seasons can vary, but influenza activity often begins to increase in October. Most of the time, Flu activity peaks between December and March. The CDC recommends that we get vaccinated against Flu soon after the vaccine becomes available. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

As we continue to deal with COVID-19, the Flu vaccine is urgently needed. Doctors and nurses are encouraged to begin vaccinating their patients soon after the vaccine becomes available, preferably by October. Those children aged 6 months through 8 years who need two doses of vaccine should receive the first dose as soon as possible to allow time to get the second dose before the start of flu season. The two doses should be given at least four weeks apart.

In addition to getting a seasonal flu vaccine, we can all take everyday preventive actions by **keeping our hands away from our face and frequently washing our hands with soap and water to reduce the spread of germs.**

Remember: Those who are sick or elderly are especially susceptible to infection. Therefore, if you have cold symptoms or Flu-like symptoms, please do not visit the nursing home. When inside visiting is allowed, please remember to wash your hands upon entering and exiting the facility. Please also make use of the hand sanitize stations which are available inside and outside the facility. Thanks so very much for your cooperation!

☞ **Celebrating Birthdays in October** ☞

E. Bordelon 10/22
B. Boudreaux 10/15
Sr. E. Brosnahan, MSC 10/28
Sr. J. Bunch, MSC 10/12
V. Clement 10/20
D. Joubert 10/27
J. Lagrange 10/28
Sr. M. Labbé, MSC 10/23
Sr. F. Robichaux, MSC 10/01



Influenza (Flu) and Covid-19 –

Similarities and Differences

As Flu season begins, we need to be very vigilant since we continue to be affected by COVID-19. Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and the Flu is caused by infection with influenza viruses. Because some of the symptoms of Flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

Flu and COVID-19 share many characteristics, but there are some key differences between the two. While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This is the best available information to date from the CDC. Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

Common symptoms that COVID-19 and the Flu share include:

Fever or feeling feverish/chills

Cough

Shortness of breath or difficulty breathing

Fatigue and tiredness

Sore throat

Runny or stuffy nose

Muscle pain or body aches

Headache

Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have the Flu often feel some or all of these symptoms:

fever or feeling feverish/chills (*It's important to note that not everyone with flu will have a fever.)*

cough

sore throat

runny or stuffy nose

muscle or body aches

headaches

fatigue or tiredness

Some people may have vomiting and diarrhea, though this is more common in children than adults.

COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus and include:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

-19

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

New loss of taste or smell – symptom usually specific to COVID

This list does not include all possible symptoms. CDC continues to update this list as more is learned about COVID-19. If you are uncertain regarding the cause of an illness you are experiencing, GET TESTED!

Prayers for a safe and healthy Fall Season!

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