

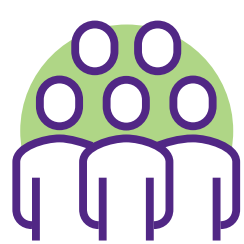
# Protecting Your Hospital from

# THE FLU



While some may welcome the transition from Spring to Fall with pumpkin-spiced lattes and cozy sweaters, many are wary of the other season that follows: flu season. Eisenhower Health prides ourselves for maintaining the health of our patients, nurses, and doctors. Read these tips below and take preventative measures to help avoid the flu.

## Oct 2018-May 2019 Flu Season By the Numbers:



**42.9 million**  
documented cases of the flu



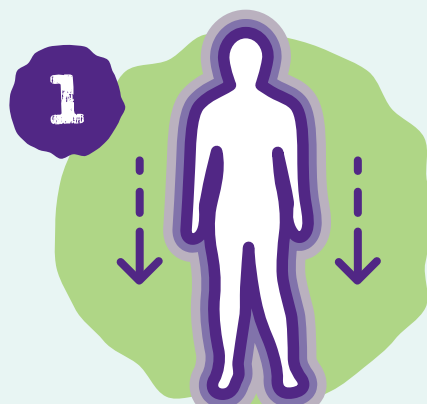
**531,000-647,000**  
hospitalizations



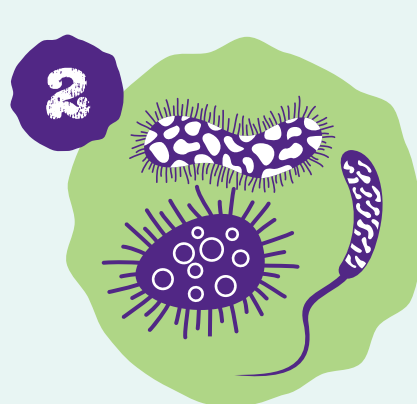
**Only 34.2%**  
of adults (18-49) get their  
flu vaccine

## The Breakthrough

A Harvard Medical School study found that the leading cause for viral infections was **dry air**. This is detrimental to us for two reasons:



**1**  
Our immune system is  
weakened



**2**  
Bacteria/viruses can survive  
for longer periods of time



## What We Know

Increasing the humidity in indoor environments can make a difference during flu season.

The "sweet spot," 40-60% relative humidity, can be obtained by using a humidifier and hygrometer.

## Other Preventative Steps We Can All Take



### Get a flu shot before flu season comes in full force

It takes the body up to 2 weeks to create the necessary antibodies to fight the viral infection.

### Routinely clean surfaces you frequently touch

Prevent existing germs from spreading by cleaning commonly used areas with antibacterial wipes.



### Wash your hands for 20 seconds with soap and warm water

Rid yourself of germs that may be hiding under our fingernails and dead skin.

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