

Nurse's Newsletter

December 2020

Winter Wellness

Anabela Da Silva, RN

Burnet Middle School

908-851-6498

adasilva2@twpunionschool.org



The Flu vs Covid 19

Influenza (flu) and Covid 19 are both respiratory illness that are caused by different viruses. Both are spread via airborne droplets that we can inhale or touch from surfaces or objects. Every year a different flu vaccine is produced to protect against some of the viruses that scientist anticipate will circulate. Most people who get the flu will recover in a few days to less than two weeks. Some people will develop complications such as sinus and ear infections which are moderate complications while pneumonia is a serious flu complication. Covid 19 spreads more easily then the flu and can take longer to show symptoms. Both have no symptoms (asymptomatic) to severe symptoms. It's possible to spread both, one or more days before symptoms appear. There is still time to get the flu vaccine.

Similarities of both the Flu and Covid 19 include:

- Fever or feeling feverish/chills
- Cough
- Fatigue (tiredness)
- Headache
- Sore throat
- Muscle pain or body aches
- Vomiting and diarrhea(this is more common in children)

Other Flu Signs: Runny st
nose

Other Covid Signs:
Rapid Breathing
Shortness of Breath
Loss of smell & Taste



If a person has Covid they may be contagious longer than a person with the flu. Older adults and people with certain medical conditions are at risk for both the flu and Covid 19. However, measures can be taken to lessen the risk of getting the flu by getting the vaccine. If you have a medical condition check to make sure it is okay from your MD to receive the flu vaccine.

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



Emotional Wellness

Outdoor Activities: Make use of sunshine and warmer days to get outside for fresh air. Being outdoors can boost wellness. Go for a walk and don't forget your mask and wear them properly.

- Plan a scavenger hunt where you have hidden things in the backyard and then make a list for the others to find the items.
- Play "I spy with my 2 eyes" adventure in your yard or a nearby park.
- See who can find the most animals: birds, squirrels,... or make up your own activity.
- Go for a car ride - pick a destination where you can experience the outdoors . Do a google search and you may be surprised to find someplace free and nearby.

Indoor activities:

- Dance to a song someone gets to pick
- Play a board game or card game or start a jigsaw puzzle
- Play charades

Take Care of Yourself: Take some time everyday even if it's just 10 minutes to take a few deep breaths and clear your mind. If you are using your computer all day remember to take frequent breaks, look away, roll your shoulders & flex your fingers. If you are home and have more time, perhaps you can read a passage from a book, a favorite poem, or do a yoga position. Maybe take a hot bath or shower, listen to a special song, favorite artist or comedian as another way to unwind. To care for others, you have to take care of yourself!

Reminders:

1. Not Feeling well: If you have symptoms of Covid19, the Flu or a Cold - Get tested - stay away from others till you know the results.

2. Wear your Mask: When around people you do not live with wear a mask and follow state guidelines. If you need to sneeze, sneeze into your mask! That is correct, the idea is all about not spreading or getting airborne germs. When you get a chance use a tissue & wash your hands. Wash your mask everyday. Use soap & water, rinse and hang it to dry.

3. Wash your Handsbefore you eat, after you use the bathroom, when you come in from outside, when you touch garbage, when you help make dinner, before you set the table, before You get the idea. Wash with a little water 1st, put the soap on your wet hands, do not wash the soap down the drain! Sing Happy Birthday x 2 times, it's someone's Birthday! Rub your hands top, bottom & fingers in between. Now you can rinse with water! If you and are not near water, use hand sanitizer with at least 60% alcohol.



Holiday Celebrating

This time of the year many families and friends usually gather to celebrate holidays. This year we know will be different for safety reasons. Even with a few people, we must continue to celebrate our traditional holiday celebrations that can bring good feelings to ourselves and each other.

- People who have been living in the same household are generally okay being in the same group gathering, providing you have not violated CDC guidelines. You may have to delay visiting friends and even other family members that you have not seen for awhile. Additionally, CDC and state guidelines may restrict the number of people allowed in your home. Currently that number is 10 people.
- It is better to delay getting together if you cannot social distance or be outside. Celebrations and gathering can occur later when all is well.
- Food is usually a part of any occasion and again should be enjoyed and celebrated. Be mindful of not over eating, include fruits & vegetables and remember portion control.

References:

Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People <https://www.cdc.gov/>

Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People Is It a Cold or Flu <https://www.cdc.gov/>