

Geisinger Health System

Offers the state of the art flu testing....

Did you know that common 15-minute "rapid flu" tests can be wrong up to 50% of the time?

Faster, cheaper, test results are not better if the test result is wrong.

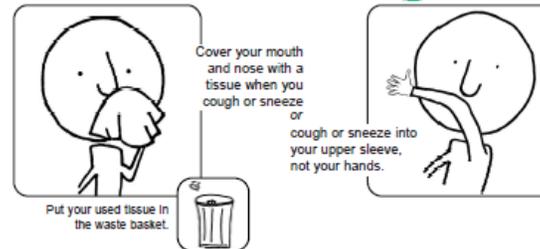
That is why, at Geisinger, you get the best flu test available. In as little as 30 min. after your visit, our laboratories get flu results right over 98% of the time. We call our testing program "FluWorks"

FluWorks® supports the right test at the right time for the right treatment – you only get medicine when you need it.

Learn more about Geisinger's FluWorks® at https://www.geisingermedicallabs.com/10xEssentials/testing_guides.shtml

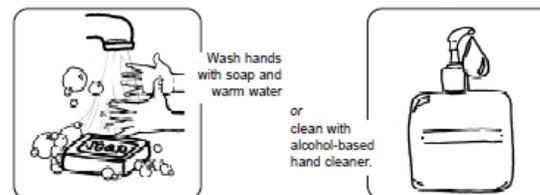
Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



MDH
Maine Department of Health
222 State Street, Suite 1000
Augusta, ME 04330
Tel: 207-624-5000
Fax: 207-624-5001
www.maine.gov/dhs

APIC
Association for
Professional
Infection Control
www.apic.org

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Visit the CDC website for more information on Flu

<https://www.cdc.gov/flu/index.htm>

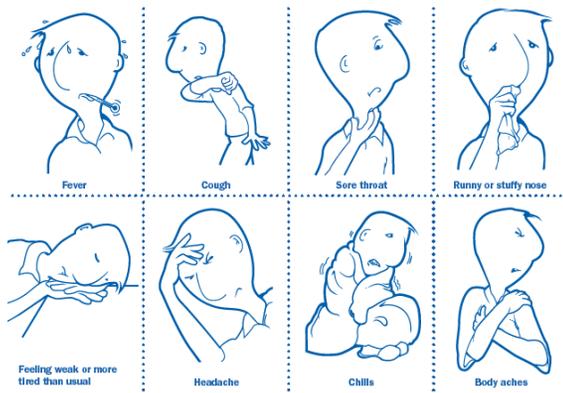
What to do if you think you have the flu!

Get a fast and accurate answer and feel better soon...



Symptoms of Flu

Flu is the short name for the influenza virus, which can make you sick. Signs that you may have the flu are fever, cough, sore, throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.



How to know for sure!

Other germs can make you feel like you have the flu. Your doctor will do a test so you can know what is making you sick. For this test the doctor will place a swab into your nose to get cells which will be tested to see if the influenza virus is there. The swab will be placed in a special analyzer that gives the best results and can be performed while waiting in your doctor's office.

Test Results

If your test is negative for the influenza virus, this means you **do not** have the flu. When you don't have the flu but still feel sick, your doctor may ask you to get rest, drink fluids, use a clean humidifier or cool mist vaporizer, avoid smoking or being around other people who smoke, take cough syrup, and/or take aspirin or Motrin to relieve pain or fever.

If your test is positive for the influenza virus, this means you have the flu. Your doctor may give you a special order to get medicine, called an anti-viral drug, from the pharmacy or "drug store". The antiviral medicine should help you feel better and works best when you take it in the first two days you start to feel sick. An antiviral drug kills viruses and is not the same as an antibiotic, which kills bacteria. **You probably won't get antibiotics when you have a positive flu test, because antibiotics don't work for flu.**

Most people who get the flu feel better after 5-7 days without seeing a doctor or taking medicine, but you can feel better faster if you seek treatment quickly.

Stopping the flu

You can prevent sharing your flu germs or other germs with your loved ones by staying home and avoiding contact with other people. If you must be around other people, be sure to cough or sneeze into your elbow. If you use a tissue, throw it in the trash after you use it. Also, wash your hands after blowing your nose, getting spit/snot on your hands, or going to the toilet.

Vaccination- "The Flu Shot"

You can stop getting serious flu symptoms if you get the flu shot before you get sick. We ask that just about everyone 6 months and older get the flu shot every year in the fall. The flu shot is not perfect and some people may still get sick, but if they do, having the flu shot will help – they won't get as sick. Flu shots are among the safest medical products in use. Hundreds of millions of people have safely received the flu shot for more than 50 years. There may be mild side effects after getting the shot, but these are much less of a problem than getting the flu!