

# Influenza vs. Covid



# Timing

- Influenza:

- Contagious 1 day before until 7 days after symptoms start.
- Symptoms usually start 1 to 4 days after being infected.
- Usually sickest in first week of illness

- Covid:

- Contagious 2 days before and up to 14 days after symptoms start. **(Up to 20 days if needed hospitalization).**
- Symptoms usually start 5 days after being infected but may not start until 2 weeks later.
- Can get sicker on week 2 or 3 of illness.



# Symptoms

## Both can cause:

- Fever, Cough, Shortness of breath, headache, runny nose, sore throat, body aches, tiredness. (Sometimes also nausea, vomiting and diarrhea which are more common in children).

## Covid can cause:

- Loss of taste and smell
- Much more serious illness



# High Risk Groups

Both:

Elderly, asthmatics, diabetes, smokers, pregnancy, heart disease and other underlying or immune suppressed conditions

Influenza: Children under the age of 2 years

Covid: Children with underlying conditions

**It is possible to get both Covid and Influenza at the same time (1 out of 2 children and 1 out of 4 adults that were sick enough to be hospitalized had another infection like the flu)**



# Complications

Both:

Pneumonia

Respiratory failure

Acute respiratory distress syndrome

Sepsis

Heart attacks and stroke

Multiple-organ failure

Worsening of chronic medical conditions

Inflammation of the heart, brain or muscle tissues

Secondary bacterial infections

Covid:

Can also cause Multisystem Inflammatory Syndrome in Children

Blood clots in heart, lung, brain or legs.



# Prevention

*"Ounce of prevention; pound of cure"*  
...Grandma

Both:

Handwashing

Coughing into bent elbow

Masks

Social distancing

Avoiding large gatherings especially indoors

Lifestyle (Sleep at least 7 hours a day, eat healthy, take a Multivitamin daily with a meal)

**Influenza:**

**Vaccination can reduce ICU hospitalization by 60%  
and death by 80%**



# Treatment

Influenza:

Antivirals such as Tamiflu

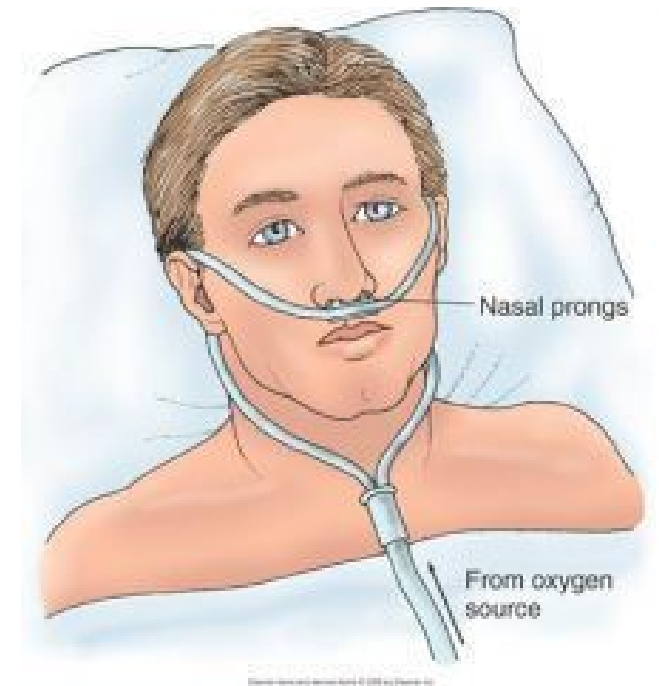
Supportive care (Hospitalization, oxygen, etc.)



Covid:

Supportive care

Many therapeutics and vaccines are being studied but none have been proven to help.



# COVID-19 VS THE FLU

JOAN SCHLEICHER, PHN

## Prevention

- Managing chronic illness during this time
- Vaccination rates and benefits of flu vaccine
- Steps clinics are taking for safety
- Where can I get my flu vaccine in Isanti County?

## Lowering risk of exposure

- Minnesota trends
- Steps to lower risk
- Preparing for if you do get ill
- COVID vaccine update



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Prevent. Promote. Protect.

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Isanti County Public Health



# ACCESSING CARE DURING COVID-19

In the 10 weeks following the declaration of the COVID-19 national emergency, visits to emergency departments declined for:

Heart attack

23%

Stroke

20%

Uncontrolled high blood sugar

10%

People who are experiencing symptoms of these or any life-threatening conditions should **seek immediate emergency care**, even during the COVID-19 pandemic

CDC.GOV

[bit.ly/MMWR62220](https://bit.ly/MMWR62220)

MMWR

6 IN 10

Adults in the US  
have a **chronic disease**

4 IN 10

Adults in the US  
have **two or more**

# MANAGING CHRONIC CONDITIONS DURING COVID-19

Below are just some of the high-risk conditions that are important to manage to help prevent severe illness from COVID-19:

- Asthma and lung disease
- Diabetes
- Heart disease
- Various conditions that lead to a weakened immune system, including cancer treatment
- Chronic kidney disease

Basic steps to protect yourself:

- Stay at home
- Wash your hands
- Avoid touching your face
- Avoid close contact



Here are some steps to stay healthy, prevent the spread of COVID-19, and prepare for potentially becoming sick.

- Contact your health care provider if you have any concerns or questions.
- Ask about telehealth.
- Do not skip a dose or change your medications or treatment without first talking to a health care professional.
- Talk to your healthcare provider, insurer, and pharmacist about creating an emergency supply of prescription medications.
- Have two weeks of non-prescription medications and supplies on hand in case you need to stay home for a long time.
- Do what is right for you to stay physically active and reduce stress.
- Stop smoking. Smoking can make it more likely that you have a heart attack or stroke, and can cause lung damage. Visit Quit Partner for free phone or online coaching.

# QUIT PARTNER

## Smoking, Vaping, Lung Health, and COVID-19

- We're learning more every day about COVID-19 and why it affects some people more than others.
- Cigarette smoking can keep the immune system from working right and cause heart and lung diseases.
- A person who smokes is more likely to get very sick from COVID-19.
- The relationship between using e-cigarettes or vaping products and COVID-19 is uncertain.
- The relationship between breathing secondhand smoke or e-cigarette aerosol and COVID-19 is uncertain.
- When you are ready to quit, free help is available online, by phone, and by mail through Quit Partner, at 1-800-QUIT-NOW and QuitPartnerMN.com.
- Learn more at [health.mn.gov/quit#covid19](https://health.mn.gov/quit#covid19).



### Free 24/7 support for your quit

Whether you're quitting for the first time or have tried before, we can help you find your way to quit for good. Get free help like:



Coaching over the phone or online



Patches, gum or lozenges\*



Text messaging\*\*



Email support\*\*



Welcome package

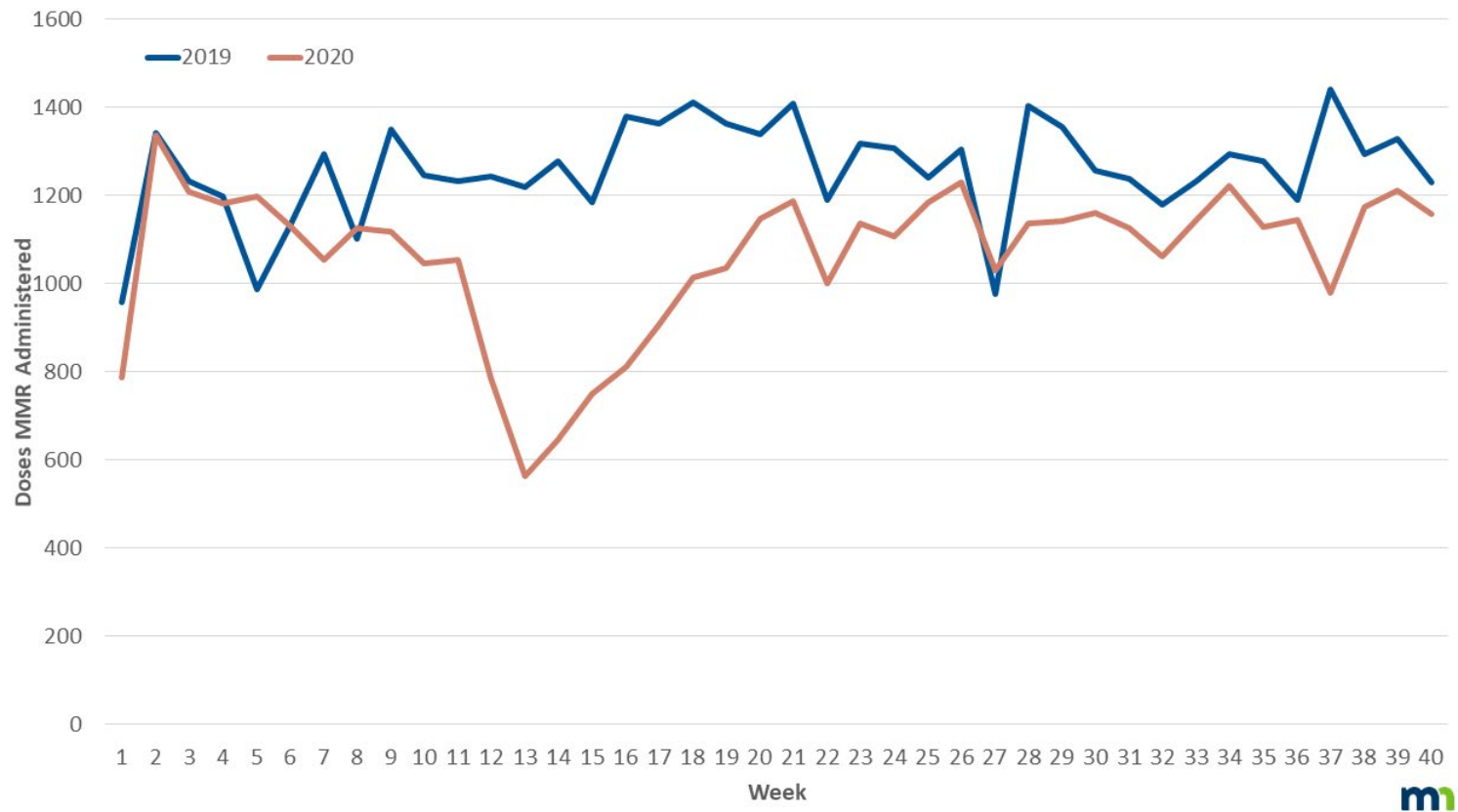
Get free medications, quit coaching and more.

**1-800-QUIT-NOW** (784-8669)

**QuitPartnerMN.com**

\*18+ \*\*13+

# CHILDHOOD IMMUNIZATIONS



***Now is a good time to check your child's records and schedule an appointment with their provider.***

To request your child's vaccination record, call 651-201-3980 or visit [health.mn.gov/immunize](https://health.mn.gov/immunize)

# BENEFITS OF FLU VACCINE “THE ONLY PREDICTABLE THING ABOUT THE FLU IS THAT IT’S UNPREDICTABLE.”

- It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. ***This means getting a flu vaccine during 2020-2021 is more important than ever.***
- While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as:
  - Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
  - Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.
- **Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.**
  - The flu vaccination has been shown to reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized flu patients.

***Among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the ICU***

***Among adults in the ICU with flu, vaccinated patients on average spent 4 fewer days in the hospital than those who were not vaccinated.***



# WHERE CAN I GET MY FLU VACCINE IN ISANTI COUNTY?

## Most insurance carriers cover flu vaccines.

Walk-ins accepted at the following locations:

- CVS Pharmacy, Target 763-689-3687 **\*19 and older**
- Wal-Mart Pharmacy 763-689-0609 **\*19 and older**
- Coborns Pharmacy 763-444-0005 **\*19 and older**
- Cub Pharmacy 763-689-0185 **\*6 and older**
- Walgreens Pharmacy 763-552-3103 **\*6 and older**

Appointments required at the following locations:

- Allina Health Cambridge Clinic 763-689-8700
- Allina Health Isanti Clinic 763-688-9700

Isanti County Public Health

- Infants and children through age 18 with Medical Assistance or who are uninsured or underinsured may qualify
- Adults who are uninsured or underinsured may qualify
- Call us at 763-689-4071 to see if you qualify



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# SAFETY MEASURES CLINICS HAVE TAKEN

- Clinics have expanded options for **virtual care**
- Following cleaning standards
  - with deep **cleaning and disinfection** of high-touch surfaces and public spaces.
- All patients and visitors are **screened** before entering our facilities. Anyone who may have symptoms of COVID-19 is taken to a separate area.
- **Hand sanitizer** is located at all building entrances to encourage hand hygiene for all staff, patients and visitors.
- **Staff** practice physical distancing
- Staff, patients and visitors wear **masks**

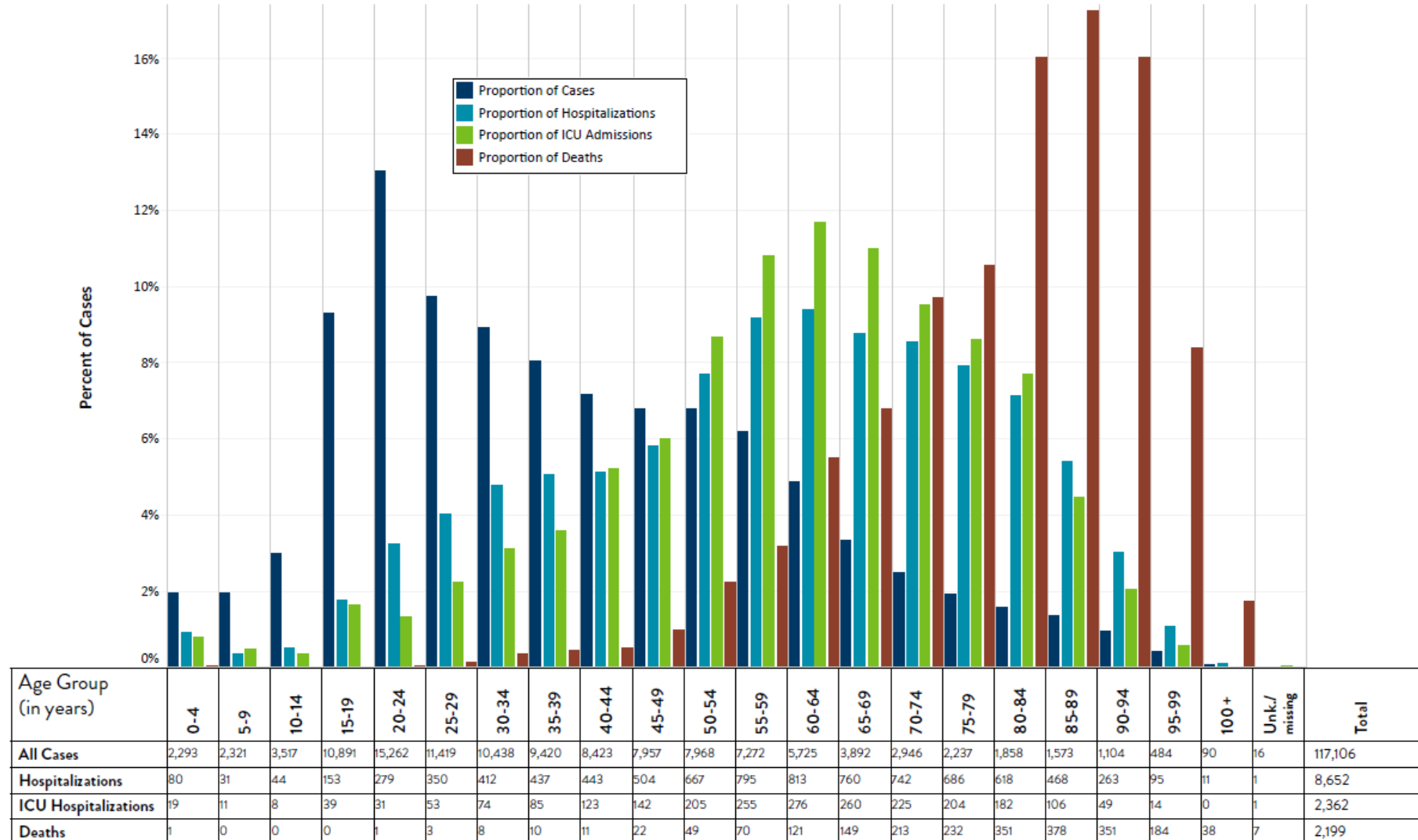


# COVID-19 TRENDS IN MN

## Demographics: Age

Age groups, median age, and range for confirmed and probable cases.

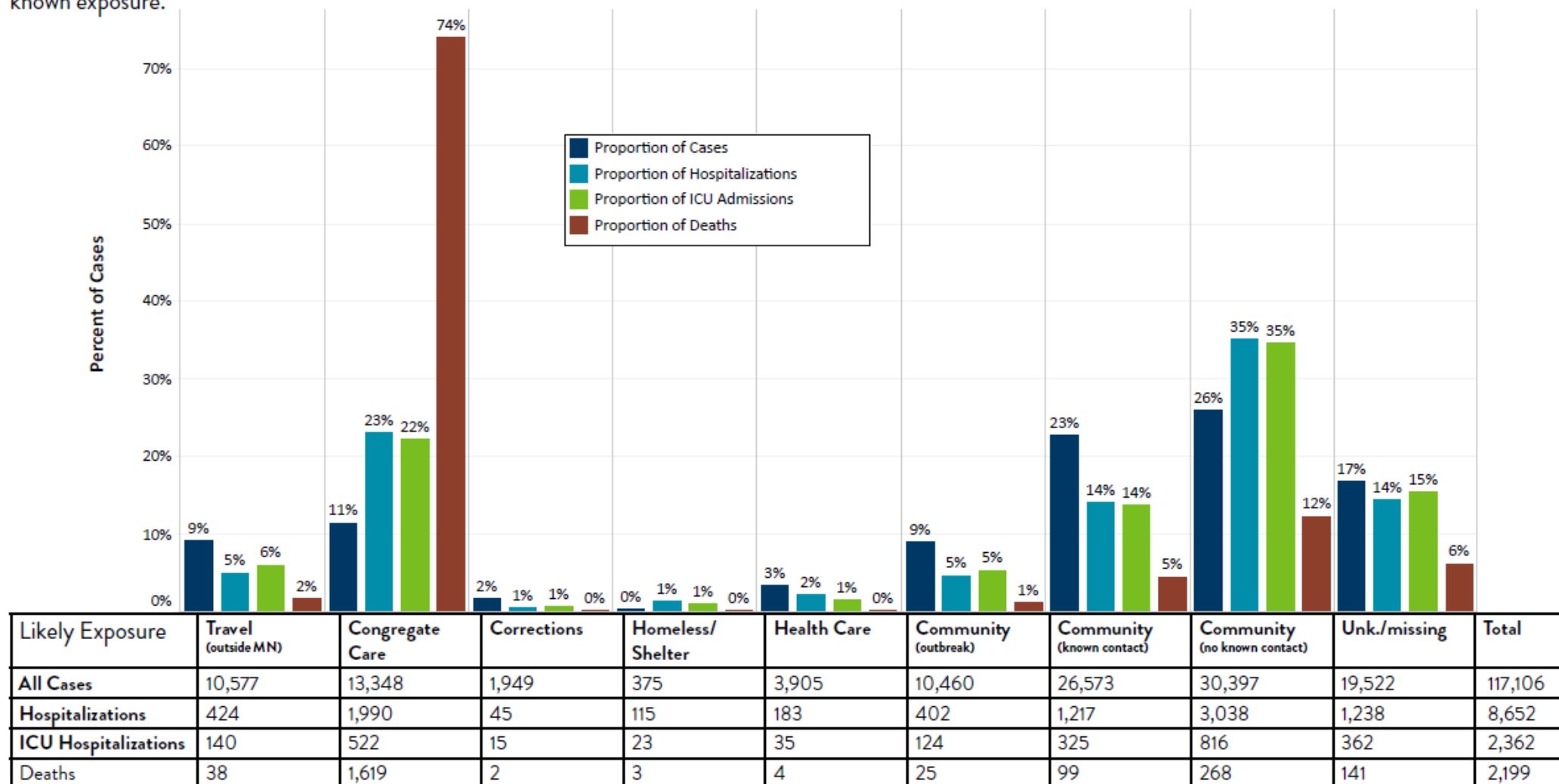
	Median Age (Range) in Years
All Cases	36 (<1 month - 109)
Non-Hospitalized Cases	34 (<1 month - 109)
Hospitalizations	60 (<1 month - 105)
ICU Hospitalizations	62 (<1 month - 99)
Deaths	83 (<1 - 109)





# Likely Exposure

Likely exposure for confirmed and probable cases. Exposure data is collected at case interview. Cases are categorized according to a hierarchy following the order of exposure type: outbreak, travel, LTC staff and residents, corrections, homeless shelter, acute health care, community-exposure with known contact, community-no known exposure.



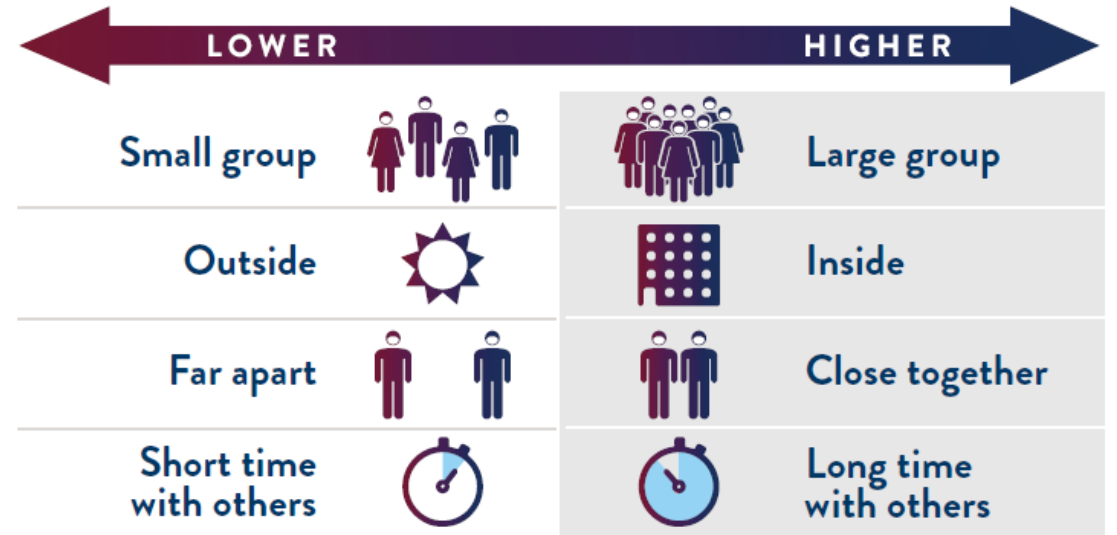
# RISK FACTORS FOR EXPOSURE

## Lowering your risk for COVID-19



## LOWER YOUR RISK OF COVID-19

Wear a mask in public spaces, wash your hands, and stay 6 feet away from others.



# PREPARING FOR IF YOU DO BECOME ILL

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

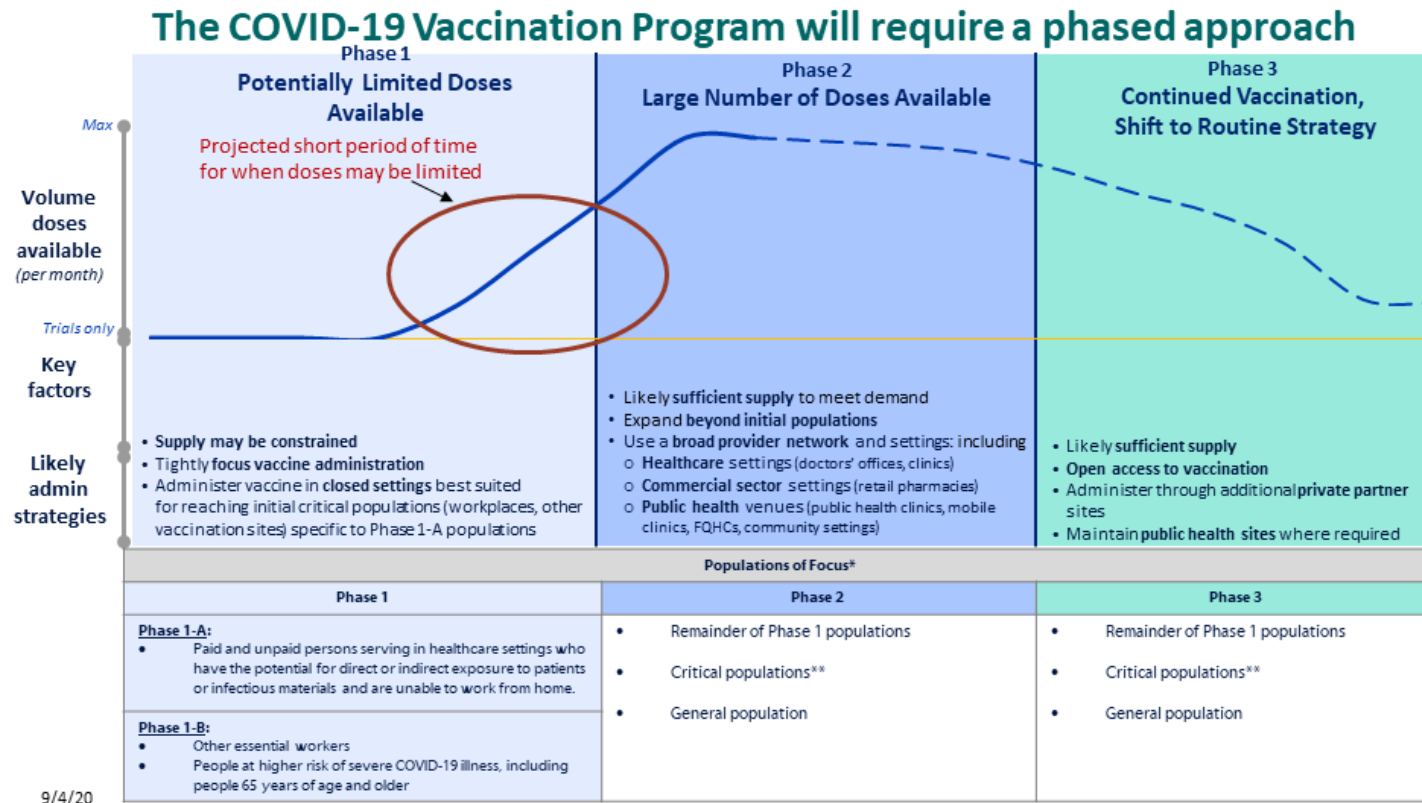
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.



# COVID VACCINE UPDATE



- Information is frequently updated
- CDC makes vaccination recommendations, including those for COVID-19 vaccines, based on input from the Advisory Committee on Immunization Practices.

# RESOURCES

## Your Clinic's Website

- <https://www.allinahealth.org/coronavirus-covid-19>

## Isanti County Public Health

- <https://www.co.isanti.mn.us/730/Coronavirus-COVID-19>
- <https://www.facebook.com/IsantiCountyPublicHealth/>

## Minnesota Department of Health

- Minnesota Helpline: 651-297-1304 or 1-800-657-3504 Mon.-Fri.: 9 a.m. to 4 p.m.
- Mental Health Crisis Line - Call: \*\*CRISIS (\*\*274747)
- Testing locations updated <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

## CDC

- Travel <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>