



For resources to "Fight the Flu" at your businesses, link to

<https://www.utah.gov/beready/business/>



This Year's Flu Vaccine May Only Be 10% Effective, Experts Warn.

CBS NEWS - December 5, 2017, 12:33 PM

Health officials say there are a number of signs pointing to a potentially rough flu season. According to the Centers for Disease Control and Prevention, more than 7,000 cases of influenza have been confirmed in the U.S. so far, which is more than double the number this time last year.

Flu is currently widespread in four states, including Georgia, Oklahoma, Louisiana, and Massachusetts. What's more, this year's flu shot may not be up to the task. It is the same formulation that was used during Australia's most recent flu season -- which typically sets a pattern for what the U.S. will face -- and it was only 10 percent effective there.

Health officials are concerned that the 2017-18 flu season in the U.S. may be particularly bad because the Southern Hemisphere, (especially Australia), was hit hard over the past few months with a flu strain (A-H3N2) that's notorious for causing severe illness.

Even 10 percent effective is better than nothing, and a lot of it has to do with herd immunity -- the more people are protected from it, the more other people will also be protected. "In fact, in a year where the vaccination has low effectiveness, it's even more important that everybody get it, so we can get as much resistance as possible and we don't allow the virus to thrive and grow and keep changing."

Experts say that if you do get the flu, it will likely be less severe if you have gotten a flu shot.



You Can PREVENT THE FLU

- 1. Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- 3. Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean your hands.**
Washing your hands often will help protect you from germs.
- 5. Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.**
Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Images: Center for Disease Control and Prevention