It's Flu Season! Influenza ("flu") season can cause mild to severe illness, and at times can lead to death. To ensure the safety and health of students and faculty, we encourage you to know the signs and symptoms of the flu and the steps needed to reduce the spread of illness.

Trending Topics

SAFETY SPOTLIGHT SURVEY

We appreciate your feedback! Please take less than five minutes out of your day to complete our survey, so that we can continuously improve the newsletter.

https://www.surveymonkey.com/r/PYLLHN8

FLU MYTHS VS. FLU FACTS

I DON'T NEED TO GET MY FLU SHOT.

MYTH

THE FLU IS JUST A BAD COLD.

FACT

BABIES UNDER 6 MONTHS OF AGE ARE TOO YOUNG TO BE VACCINATED. THEIR SAFETY DEPENDS ON THE REST OF US GETTING THE FLU SHOT.

ANTIBIOTICS CAN FIGHT THE FLU.

MYTH

THE VACCINE IS MADE FROM AN INACTIVATED VIRUS THAT CAN'T TRANSMIT INFECTION.

FACT

ANTIBIOTICS CAN ONLY FIGHT BACTERIAL INFECTIONS. THE FLU IS A VIRUS, SO ANTIBIOTICS HAVE NO EFFECT ON ANY KIND OF FLU.

You can get the flu from the vaccine.

MYTH

GET YOUR FLU SHOT

FACT

In 2015, Rurnymede had one of the highest vaccination rates among its peer hospitals in the Greater Toronto Area, with 80% of staff and volunteers rolling up their sleeves to get the flu shot.

PREVENT Colds & Flu

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1 WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.

2 COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.

3 DON’T TOUCH

Don’t touch your eyes, nose or mouth! These are the areas where a virus can enter your body.

4 AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.
When is the flu season in the United States?
In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from season to season. CDC collects, compiles, and analyzes information on influenza activity year-round in the United States and produces FluView, a weekly surveillance report, and FluView Interactive, which allows for more in-depth exploration of influenza surveillance data. The Weekly U.S. Influenza Summary Update is updated each week from October through May.
LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator: Safe to store the turkey for another 1–2 days in the refrigerator.
- Cold water: Cook immediately after thawing.
- Microwave: Cook immediately after thawing.

How to thaw: Allow approximately 24 hrs. for every 4-lbs of bird.

Clean

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

Utensils Plates Countertops Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 ºF — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 ºF, too!

Use three places to check the temperature.

Thickest part of breast
Innermost part of wing
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

FOR MORE INFORMATION:
Visit foodsafety.gov

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge
3-4 days

Safe frozen, but use within 2-6 months for best quality

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

Visit foodsafety.gov

USDA
Ad Council