



CARING FOR ALPS

Health Information For Clients and Their Families

Are You Planning For Your Flu Shot?

The Centers for Disease Control and Prevention (CDC) is urging all individuals who are without contraindications to receive the influenza vaccine for the 2020 – 2021 influenza season, saying it is even more important during the COVID-19 pandemic than in normal years. September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later. It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve health care resources.



A prior infection with suspected or confirmed COVID-19 or flu does not protect someone from future flu infections. The best way to prevent seasonal flu is to get vaccinated every year.

Common Shared Symptoms of COVID-19 & Flu

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache

Differences:

Flu viruses can cause mild to severe illness, including common signs and symptoms listed.

Other signs/symptoms of **COVID-19**, different from flu, may include change in or loss of taste or smell.

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard

GET READY FOR FLU SEASON



While knowing the difference between Flu and COVID-19

MAKE YOUR OWN STRESS BALL



LAURA REVIEWS OUR COOKIE RECIPE



CDC RECOMMENDS ANNUAL FLU VACCINATION FOR EVERYONE 6 MONTHS AND OLDER WITH ANY LICENSED, AGE-APPROPRIATE FLU VACCINE.

to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two. The following table outlines the differences we currently know.

| Similarities and Differences between Flu and COVID-19 | |
|---|---|
| How long symptoms appear after exposure and infection | |
| Similarities: For both, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms. | Differences: If a person has COVID-19, it could take them longer to develop symptoms than if they had flu. Flu- symptoms anywhere from 1 to 4 days COVID-19- symptoms 2 to 14 days |
| How long someone can spread the virus? | |
| Similarities: For both it's possible to spread the virus for at least 1 day before experiencing any symptoms. | Differences: If a person has COVID-19, they may be contagious for a longer period of time than if they had flu. FLU- Most contagious during the initial 3-4 days illness but many remain contagious for about 7 days. COVID- It's possible to spread the virus 2 days before experiencing signs or symptoms and remain contagious 10 days after symptoms first appeared. |
| How it Spreads | |
| Similarities: Both COVID-19 and flu can spread from person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness cough, sneeze, or talk. A person can get infected by physical human contact or by touching a surface or object that has virus on it and then touching his or her own mouth, nose, or eyes. | Differences: While COVID-19 and flu viruses are thought to spread in similar ways, COVID-19 is more contagious among certain populations and age groups than flu. Also, COVID-19 has been observed to have more super-spreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses. |
| People at High-Risk for Severe Illness | |
| Similarities: Both COVID-19 and flu illness can result in severe illness and complications. Those at highest risk include: older adults, pregnant people people with certain underlying medical conditions | Differences: The risk of complications for healthy children is higher for flu compared to COVID-19. However, infants and children with underlying medical conditions are at increased risk for both. |

| Complications | |
|---|---|
| Similarities: Both can result in complications, including: Pneumonia Respiratory failure Acute respiratory distress syndrome Sepsis Cardiac injury (heart attacks and stroke) Multiple-organ failure Worsening of chronic medical conditions Inflammation of the heart, brain or muscle tissues Secondary bacterial infections | Differences: Flu- Most people who get flu will recover in a few days to less than two weeks, but some people will develop complications. COVID-19- Additional complications can include: Blood clots in the veins and arteries of the lungs, heart, legs or brain, Multisystem Inflammatory Syndrome in Children (MIS-C) |
| Approved Treatments | |
| Similarities: People at high-risk of complications or who have been hospitalized for COVID-19 or flu should receive supportive medical care to help relieve symptoms and complications. | Differences: Flu- Prescription influenza antiviral drugs are FDA-approved to treat flu. People who are hospitalized with flu or at high-risk of flu complications with flu symptoms are recommended to be treated with antiviral drugs as soon as possible. COVID-19- The National Institutes of Health (NIH) has developed guidance on treatment of COVID-19, which will be regularly updated as new evidence on treatment options emerges. There are currently no drugs or other therapeutics approved by the Food and Drug Administration (FDA) to prevent or treat COVID-19. |
| Vaccine | |
| Similarities: Vaccines for COVID-19 and flu must be approved or authorized for emergency use (EUA) by the FDA. | Differences: Flu- There are multiple FDA-licensed influenza vaccines produced annually to protect against the 3 or 4 flu viruses that scientists anticipate will circulate each year. COVID-19- Currently there is no vaccine |

CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading this fall and winter. In this context, getting a flu vaccine will be more important than ever.



HOW TO MAKE A HOMEMADE STRESS BALL

Stress balls are a great tool to release muscle tension while massaging your hands.

Make your own stress ball(s) by filling balloons with dry lentils or rice. Take the ball(s) in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Having Fun With Our ALPS Families

During the past few weeks, I have had the opportunity to work 1:1 with several of our ALPS clients through Zoom. Its been a wonderful experience being able to interact with our SJOG community on a more personal level where I am virtually invited into their homes. This past week I reviewed the previous newsletter with Laura and we decided to make the cookie recipe I had included. I agreed to deliver the finished product to Laura if she promised to write a review with me at our next session. So here it is!



Laura's Oatmeal Chocolate Chip Cookie Review

I made this recipe with Joanne. We doubled the recipe so that we could share the cookies. We followed the recipe, except, we did not sprinkle salt on top of the cookies. Joanne brought the cookies to me after they were done baking.

The cookies looked delicious when I saw them and smelled fresh. They were still warm. The cookies were crispy on the outside and soft and chewy on the inside. We used two full cups of chocolate chips and they were good. My mom and dad ate the cookies too and they were happy. I thought they could use a little more salt. Maybe next time we should sprinkle salt on top like the recipe says. Next week I want to make brownies.

Hello. My name is Joanne Mintzas and I am the Care Manager, RN for St. John of God. Consider me a resource if you need support in completing your annual paperwork, have a medical question, or are seeking services with a health aspect.

A little about me: I have a BS in Foods and Nutrition, a BS in Nursing, and a MS in management. I have previous experience as a dementia nurse, a mental health nurse, and I worked at ADS as a part time school nurse prior to taking on this role.

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St. John of God Community Services

