



Lamont Health Care Centre

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2018 COMMUNITY NEWSLETTER – WINTER EDITION

‘MEDICAL CORNER’

FLU SEASON

The flu season in Canada is shaping up to be a nasty one as emergency rooms across the country become overcrowded with sick patients.

There are two primary flu strains which are making people sick.

The dominant Influenza A Strain H3N2 is the big one to worry about.

The second one is Influenza B; but it's not as nasty.

The flu is a respiratory illness caused by the influenza virus and is not the same as a common cold (which is caused by a different virus).

When the influenza virus gets into the body, it lodges into the respiratory tract which causes the respiratory system to swell and become inflamed. The

virus then enters the blood stream and the first symptoms such as coughing, fever, body aches and sneezing begin to appear. These symptoms continue for up to several days until the body's immune system fights off the virus.

There are three main ways to protect yourself and others from getting the flu:

1. Get the flu shot
2. Wash your hands often and well
3. Stay home if you are sick.

The more commonly accepted timeline of the flu season lasts between October and late April. The peak flu season commonly occurs between December and February.

It is recommended that everyone of 6 months of age or older should have already received a flu vaccine by the end of October. However, even if you fail to get a flu shot by then, it is never too late to get one at any point during the season.

We wish you and all a healthy season!

- by Dr. Eyad El-Hajj, Chief of Medical Staff-LHCC

Mission Statement

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health
and the provision of compassionate care to all persons.