HELPFUL FLU FACTS

- Viral shedding occurs from 1 day prior to symptoms and lasts up to 7 days after the symptoms begin.
- UCDHS is using an incubation period of 3 days following exposures. After this time period “post exposure prophylaxis” will not be offered – except in special circumstances. Exposed employees should monitor their symptoms and NOT COME TO WORK if symptomatic with flu-like illness.
- Treatment of influenza with Tamiflu is most effective if started within 48 hours after the onset of symptoms.
- Tamiflu can be taken if pregnant although Zanamivir (Relenza) is preferred when prophylaxing pregnant women.
- Post exposure prophylaxis is not indicated for employees if a colleague/fellow employee has the Flu as close contact is required for transmission. Instead, colleagues should monitor for symptoms and follow the above advice.

CDC Resources:

http://www.cdc.gov/flu/index.htm

http://www.cdc.gov/flu/about/season/upcoming.htm