

Our Lady of Prompt Succor Nursing Facility
C'est la Vie Apartments
Newsletter ~ October 2021

† *A Ministry of the Marianites of Holy Cross* †

Flu Season: Recommendation – Center for Disease Control and Prevention (CDC)

While seasonal influenza (Flu) viruses can be detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of Flu seasons can vary, but influenza activity often begins to increase in October. Most of the time, Flu activity peaks between December and March. The CDC recommends that we get vaccinated against Flu soon after the vaccine becomes available. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

As we continue to deal with COVID-19, the Flu vaccine is urgently needed. Doctors and nurses are encouraged to begin vaccinating their patients soon after the vaccine becomes available, preferably by October. Those children aged 6 months through 8 years who need two doses of vaccine should receive the first dose as soon as possible to allow time to get the second dose before the start of flu season. The two doses should be given at least four weeks apart.

Since we all want to do whatever we can to protect ourselves from both the flu and COVID-19, some folks wonder is it okay to get both of the vaccines that help prevent those illnesses at the same time? According to Anthony Fauci, M.D., the answer is an emphatic – yes. He is the director of the National Institute of Allergy and Infectious Diseases and he stated that it is okay for people to get the two vaccines—and, if applicable, the booster dose—at the same time. “What you should do is get it as soon as you can and in the most expeditious manner,” Dr. Fauci said. “If that means going in and getting the flu shot in one arm the COVID shot in the other, that's perfectly fine. There's nothing wrong with that at all. In fact, that might make it more convenient and more likely that you would actually go get both of them conveniently in one visit. So, whatever it takes to get both vaccines, go ahead and do it. If it's one visit, it's perfectly fine.” (September 28, 2021)

Remember: Those who are sick or elderly are especially susceptible to infection. Therefore, if you have cold symptoms, or Covid or Flu-like symptoms, please do not visit the nursing home. When visiting, please remember to sanitize and wash your hands upon entering and exiting the facility.

Thanks so very much for your cooperation!

☞ **Celebrating Birthdays in October** ☞

E. Bordelon	10/22	D. Joubert	10/27
Sr. E. Brosnahan, MSC	10/28	Sr. M. Labbé, MSC	10/23
Sr. J. Bunch, MSC	10/12	J. Lagrange	10/28
V. Clement	10/20	J. Thomas	10/12
M. J. Dupre	10/20		

† **Residents Recently Deceased** †

Sr. Mary Murray, MSC	9/03/2021
Mrs. Patricia Helton	9/04/2021
Patsy Cloud	9/13/2021

Influenza (Flu) and Covid-19 – Similarities and Differences

As Flu season begins, we need to be very vigilant since we continue to be affected by COVID-19. 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 the Flu is caused by infection with influenza viruses. Because some of the symptoms of Flu and COVID-19 are similar, it may be hard 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. While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This is the best available information to date from the CDC. Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

Common symptoms that COVID-19 and the Flu share include:

Fever or feeling feverish/chills

Cough

Shortness of breath or difficulty breathing

Fatigue and tiredness

Sore throat and/or runny or stuffy nose

Muscle pain or body aches and/or headache

Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu Symptoms include:

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold.

Flu usually comes on suddenly. People who have the Flu often feel some or all of these symptoms:

Fever* or feeling feverish/chills (*It's important to note that not everyone with flu will have a fever.)

Cough and/or sore throat

Runny or stuffy nose

Muscle or body aches and/or headache

Fatigue or tiredness

Some people may have vomiting and diarrhea, though this is more common in children than adults.

COVID-19 Symptoms include:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus and include:

Fever or chills or cough or headache

Shortness of breath or difficulty breathing

Fatigue, muscle or body aches

Congestion or runny nose and/or sore throat

Nausea or vomiting or diarrhea

New loss of taste or smell – this symptom is usually specific to COVID

The CDC continues to update this list. If you are uncertain regarding the cause of an illness you are experiencing, get tested. If you have not already done so, please get vaccinated for the flu and Covid.

Many blessings of good health to all!

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