WITH THE FLU SEASON IN FULL SWING IN NORTH CAROLINA MANY OF YOU ARE WORRIED AND TAKING PRECAUTIONS. PHYSICIANS WITH EAST CAROLINA UNIVERSITY WANT YOU TO TAKE THE FLU SERIOUSLY... HOWEVER AT THIS POINT... THEY DON’T BELIEVE THIS FLU SEASON TO BE ANY DIFFERENT THAN A TYPICAL FLU SEASON.

PKG
TRT – 1:21
OC: peaks between December and February.
Supers:
Dr. Alicia Lagasca/ECU, Infectious Diseases
Courtesy: East Carolina University

Dr. Lagasca - The flu has always been bad. Flu can cause a person, who is otherwise healthy, such as someone from the age of 20 to 30 in college, winding up on a breathing machine in the hospital.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION... UP TO 56,000 PEOPLE DIE EVERY YEAR IN THE UNITED STATES DUE TO THE FLU AND UP TO 700,000 PEOPLE ARE HOSPITALIZED BECAUSE OF IT.

Dr. Lagasca - I think there has been some stir that the vaccine doesn’t work anymore, but so far the CDC has analyzed our current strain that’s circulating and the strain in the vaccine and it’s similar.

ECU INFECTIOUS DISEASE DOCTOR... ALICIA LAGASCA... says SHE’S BEEN SEEING FLU CASES THAT ARE PRETTY SIMILAR TO YEARS PAST.

Dr. Lagasca - So if you haven’t already gotten your flu shot, get your flu shot now.

Dr. Lagasca - hand washing, hand sanitizer is going to be the next best thing that you can do besides getting a vaccine.

DR. LAGASCA SAYS FLU SYMPTOMS ARE SIMILAR TO THE COMMON COLD INCLUDING A RUNNY NOSE, SORE THROAT AND EVEN A COUGH.

HOWEVER WITH THE FLU ... YOU ALSO GET A HIGH FEVER AND AND BODYACHES.

Dr. Lagasca - The flu is much more severe and you basically feel like you can’t get out of bed.

Dr. Lagasca - something that’s gone around the community, that the flu is a stomach bug, but you can GI symptoms with the flu but it is predominantly a respiratory illness.

THE CDC SAYS FLU SEASON TYPICALLY PEAKS BETWEEN DECEMBER AND FEBRUARY.

ANCHOR TAG
DR. LAGASCA (LA-GAW-SKA) SAYS... IF YOU FEEL LIKE YOU ARE GETTING OR HAVE THE FLU TO MAKE SURE YOU STAY HOME FROM WORK OR SCHOOL TO TRY TO KEEP THE VIRUS FROM SPREADING.