

HEALTHWISE

What To Do When Your Workplace Gets the Flu

(NAPSA)—The workplace is an ideal breeding ground for flu infections, with people working in close proximity to each other for long periods of time. Therefore, every year, flu outbreaks have a significant impact on the workplace. Analysts predict that minimizing flu outbreaks alone could save \$20 billion in loss of productivity. This fact, combined with the CDC's prediction that up to 20 percent of the population will get the flu this year, can mean a significant drop in efficiency this flu season. Whether you're able to receive a vaccine or not, it's important to know the facts about influenza so that you can minimize time away from work and maximize productivity this flu season.

Solutions

The CDC recommends that you stay home from work and consult with a healthcare provider when you first start experiencing flu symptoms—muscle aches, fever, headache, sore throat, runny nose and fatigue. A healthcare provider may recommend that you take a flu test immediately.

“A rapid flu test is the quickest way to properly diagnose a patient. The test is fast, painless and in less than ten minutes the patient can be on the road to recovery and back to work in minimal time,” said Dr. James Woodburn, chief medical officer for MinuteClinic, which offers rapid flu tests at 40 MinuteClinic healthcare centers in corporate offices in Minneapolis-St. Paul as well as CVS/pharmacy, Target and Cub Food stores in Minneapolis-St. Paul, Baltimore, Nashville and Indianapolis.



New Test

One test that has gained widespread popularity among physicians is the QuickVue® Influenza test, a test conducted right in the doctor's office that can detect the presence of the influenza virus in adults and children. Most physicians who are using a rapid flu test use the QuickVue Influenza test, which has 64 percent market share.

Treatment

Once influenza has been confirmed, a physician can prescribe antiviral drugs that may reduce the severity and duration of influenza and help prevent the spread of the virus to others. Your physician may also prescribe antivirals to members of the family that have been exposed to the virus in order to help prevent illness. It is important that people resist the urge to “ride out” the symptoms, as antivirals must be taken within 48 hours of the onset of symptoms to treat the flu.

Learn More

For more information about influenza or to find a physician in your area offering the QuickVue® Influenza test, visit www.flutest.com.