

APIC is “United against the Flu”

Washington, DC, December 9, 2014 – Seasonal influenza (flu) is associated with approximately 200,000 hospital admissions and as many as 49,000 deaths annually in the United States, [according to the Centers for Disease Control and Prevention \(CDC\)](#). To help the public understand the dangers of the flu and the importance of vaccination, the Association for Professionals in Infection Control and Epidemiology ([APIC](#)) is joining with the American Hospital Association ([AHA](#)) and other healthcare organizations to [unite against the flu during National Influenza Vaccination Week](#) (December 7-13).

APIC has compiled influenza [resources](#) to educate consumers about the flu and infection prevention basics. Access a printer-friendly copy of an influenza [consumer alert](#).

The [CDC](#) reports that this flu season will likely be more severe, with a higher rate of illness and hospitalization. CDC recommends three steps to stay healthy:

1. Get a **flu vaccine**. Vaccination offers the best protection against the flu.
2. If you have the flu, talk to your doctor about getting an **antiviral treatment** which can minimize your symptoms. If you have a high-risk health condition, such as heart disease, lung disease, asthma, or diabetes, contact your doctor right away.
3. Take **everyday actions** to prevent the spread of germs like covering your cough, washing your hands frequently, and staying home if you are sick.

There is still time to get your flu shot. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized.

For more information on seasonal influenza, visit the [CDC webpage](#). Additional consumer materials are located on the AHA [United Against the Flu](#) webpage and the [APIC website](#).

[APIC](#)'s mission is to create a safer world through prevention of infection. The association's more than 15,000 members direct infection prevention programs that save lives and improve the bottom line for hospitals and other healthcare facilities. APIC advances its mission through patient safety, implementation science, competencies and certification, advocacy, and data standardization. Visit APIC online at www.apic.org. Follow APIC on Twitter: <http://twitter.com/apic> and Facebook: www.facebook.com/APICInfectionPreventionandYou. For information on what patients and families can do, visit APIC's Infection Prevention and You website at www.apic.org/infectionpreventionandyou.