



FLU SYMPTOMS

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.



It's important to note that not everyone with flu will have a fever.

RSV may not be severe when it first starts. However, it can become more severe a few days into the illness. Early symptoms of RSV may include

- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing

Infants who get an RSV infection almost always show symptoms. This is different from adults who can sometimes get RSV infections and not have symptoms. In very young infants (less than 6 months old), the only symptoms of RSV infection may be

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses while breathing)

Fever may not always occur with RSV infections.

Croup

Respiratory illness caused by multiple viruses and characterized by a hoarse voice and barking cough.

- Barking cough (like a seal)
- hoarse or whispery voice
- Noisy breathing on inspiration (breathing in) called stridor
- Runny nose
- Fever may be present



2022-2023 Training Calendar

PLEASE NOTE THAT CLASSES WILL NOW BE ON MONDAYS!

TO BE ANNOUNCED

CPR class must be paid prior to class via cash, check or Paypal

Call or Email Debra Pless or Melissa Jones (contact numbers below) to schedule.

*****ALL CLASSES are at CFA, now Multiply Church (same location) from 6—8 p.m.*****

150 Warren C Coleman Blvd. Concord, NC 28027

ENTER THROUGH BACK DOORS TO THE LEFT
OF THE ASSISTED LIVING CENTER
UNDER THE SIGN FOR THE THEATRE/CAFETERIA

IF YOU ARE MORE THAN 10 MINUTES LATE YOU WILL BE ASKED TO RESCHEDULE—

NO EXCEPTIONS!!!

Important Contacts



NC DCDEE	1-800-859-0829
Debra Pless, RN, CCHC	704-791-0058
Carolinias Poison Center	1-800-222-1222
Melissa Jones, RN, CCHC	704-787-2638
Cabarrus County DHS	704-920-1400
NC Immunization Branch	919-707-5550
Criminal Background Check Unit Line	919-527-6620



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