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Hospitals Advising Residents to Stay Home if You're Suffering from Flu-Like Symptoms

by **Haley Burks**
NewsWest 9

ODESSA - The Flu season is not officially upon us but with the seasonal flu, the H1N1 Strain, and just your common cold this flu season is confusing.

"The best thing you can do if you don't feel good, stay at home," Marlene McAllister, Chief Nursing Officer at Medical Center Hospital, said.

A cold, doctors say, is usually above the neck with sneezing and congestion. The Flu on the other hand, makes you feel lousy all over, with body aches, congestion, coughing, and sneezing.

"Right now if you have the flu, you probably have the H1N1 strain. The seasonal flu, we won't really see until January," McAllister said.

Doctors at Medical Center Hospital tell NewsWest 9, unless your symptoms become severe, stay out of the emergency room and even the doctor's office.

"The best thing you can do is get a flu shot to protect yourself. Tamflu is not a substitute for the shot," Dr. Sudip Bose said.

Officials go on to say the H1N1 strain of the flu seems to hit kids ages two to nine the most.

"We recommend that you don't take children those ages to the hospital for example or the movies," McAllister said.

Video Gallery

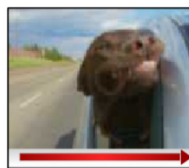


Hospitals Advising Residents to Stay Home if You're Suffering from Flu-Like Symptoms (10-4-09)

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