

Video/Audio 1

Directions: Watch the video clip twice, and put down your notes according to the information you get.

1. Source of the video clip
 - _____
2. _____
 - Coughing
 - _____
 - Touching infected things
3. Symptoms of flu
 - Fever, _____, body aches, headache, _____
4. Ways to prevent flu
 - The best: flu vaccine
 - _____
 - _____
 - Staying home from work or school
 - Covering coughs and sneezes
5. _____
 - Treating people at highest risk for severe disease as early as possible
 - _____

Script

Announcer: This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Wes Studi: Hello. I'm Wes Studi. I am Cherokee. I know the problems the spread of illness can cause native people. Each year, more than 200,000 people are hospitalized with flu. Like all Americans, native peoples and tribal communities need to protect themselves. Flu spreads mainly from person to person through coughing or sneezing.

Man #1: (Coughs)

Woman #1: Are you okay?

Man #1: I don't know. I -- I just don't know.

Wes Studi: People can also get infected by touching something with flu viruses on it and then touching their mouth or nose. Symptoms of flu can include fever, cough, sore throat, runny nose, body aches, headaches, chills, and sometimes vomiting and diarrhea. There's an old saying -- "Take two and call me in the morning." But to protect yourself against the flu, take three. It could save your life. The best way to protect yourself, your family, and your community against flu is to get vaccinated. Ask your health care provider for a seasonal flu vaccine as early as possible.

Woman #2: Let's wash our hands, okay?

Wes Studi: Wash your hands with soap and water or use alcohol-based hand cleaners frequently.

Woman #2: Get 'em really good in between fingers and the outsides.

Wes Studi: You can also help reduce your risk of becoming ill with flu by staying away from sick people.

Man #2: I'll get a hold of your wife, and we can take care of the...cooking -- the...um...wow. I really need to be going. I think I'm gonna have to take off.

Wes Studi: If you're sick, protect others by staying home from work or school. Cover your coughs and sneezes to avoid the spread of germs. Not everyone with the flu will have a fever. Most people with the flu have mild symptoms, but for others, flu can be more serious.

Man #2: How are you feeling there?

Man #3: Just lost track of all time.

Man #2: (Sighs) Take care of yourself. Get some rest.

Wes Studi: When flu is widespread across our communities, our priority is to treat people at highest risk for severe disease as early as possible.

Woman #3: (Coughs)

Doctor: We will treat you. But not to be alarmed, because it won't harm the pregnancy.

Wes Studi: Pregnant women, young children, the elderly, and people with chronic diseases like asthma, diabetes, or heart disease are more likely to suffer from serious complications. If you do get the flu, take medicines called antivirals that can help. People at highest risk for severe flu should receive antivirals as soon as flu symptoms develop.

Doctor: What other symptoms are you having?

Woman #3: (Coughs) I just -- my throat hurts, runny nose, I'm sneezing. I just -- I'm hot all the time. I just -- I feel terrible.

Doctor: We will treat you with an antiviral medication.

Wes Studi: They can make you feel better faster or make your symptoms milder.

Woman #4: How are you feeling, Jeffrey?

Jeffrey: I'm feeling great.

Wes Studi: Protect yourself, your family, and your community from the flu. Get vaccinated every year. Cover your coughs and sneezes, wash your hands often, and if you're sick, stay home.

Video/Audio 2

What you are about to see today are true crimes of disease. Disease that can affect *any* adult. Disease that can be found in *your* neighborhood. How can you protect yourself? Find out more about these diseases.

Take our first example: INFLUENZA. Nickname: the Flu. Sounds not too bad, but causes tens of thousands of deaths every year, and 250,000 hospitalizations—most in seniors. The flu can prey on anyone—even someone like Carol Johnson.

Carol has clearly taken time for her health today, but we also know that she got her yearly flu vaccine. It protects her all season and can keep her from spreading it to her new grand-niece. Influenza: successfully case closed.

Looks like that's one down. But there are some sly diseases that you may never have even heard of, like the sneaky *pneumococcus*. Funny word, deadly disease. Most folks don't know that it causes thousands of deaths every year and tens of thousands of serious cases. We're talking about some truly bad bacteria, ones that can invade your blood, your lungs, or even your spine, causing septicemia, pneumonia, or even meningitis.

Meet Curtis Leon. Does he even know that these bacteria can cause diseases severe enough to take him out of the game, permanently? Curtis got his pneumococcal shot. Another deadly disease, foiled!

If you thought *that* was a funny name, this one's *really* no laughing matter. Herpes Zoster...it causes the painful shingles disease. Shingles isn't about your roof. This disease can affect your nervous system, your eyes, or even other organs, causing severe pain for weeks or even months.

Ann-Marie Oliver appears here to be taking care of herself. But does she know that her risk of shingles over her lifetime is one in three? Amazing. It looks like Ann-Marie's doctor already recommended the shingles vaccine, and she's protected. In fact, she convinced her sister and husband to get protected, too. Vaccine protection in action keeps her on the move. Shingles disease...case closed in its tracks.

Finally, we have to look at one more case: the missing TDap vaccine. It sounds like a dance...the TDap. But Tetanus, diphtheria, and pertussis are serious diseases that can be prevented. What Bill Akers doesn't know is that he can bring home pertussis to his new grandchild. Pertussis is a bad cough for grownups...but a serious, killer infection for babies. Could Bill have prevented bringing this home to his grandchild? **[Announcer clears throat]** What I meant was, Bill Akers was careful to make sure he was up-to-date on his TDap shot. His doctor helped protect not only him, but his new granddaughter, too. There you have it. Another case of prevention in action.

Stopping serious diseases before they start is what the Vaccine Scene Investigation is all about. Vaccines aren't just for kids; ask your doctor about what vaccines are right to protect *you* against serious diseases.

Video/Audio 3

In someone with diabetes, sugar is unable to enter the cells and starts to build up in the person's blood. Overtime, this extra blood sugar can cause problems in several places throughout the body. For example, high levels of sugar in the blood as well as high blood pressure can make small blood vessels in your eyes begin to swell and bleed. When the bleeding goes into the back part of the eye called retina, it can cause vision problems and may even lead to blindness in some cases. Having high levels of sugar in the blood can also damage the blood vessels that bring oxygen and nutrients to kidneys and harm kidney cells. This makes your kidneys have to work harder. When this happens, the waste products that the kidneys usually filter out start to build up in the blood. Sometimes, the kidneys would even stop working if the blood sugar has been too high for a long time. This is called kidney failure. Over time, high blood sugar can harm small blood vessels that supply your nerves with blood, oxygen, and nutrients. As a result, less blood reaches the nerves, and they start to become damaged as well. This is known as neuropathy. Some problems in the nerves can make your feet feel like you are burning or tingling, or even numb. You might notice pain in your arms, legs, or hands as well. In addition to these types of problems, many people with diabetes have both high blood pressure and high cholesterol levels. This puts them at an increased risk for heart disease. Heart disease occurs when the blood vessels in the heart become blocked by build-up of cholesterol, fat, and cell called plaque. Eventually, a blocked blood vessel can lead to a heart attack. These problems take time to appear so diabetes can be damaging your body without you even being aware of it.