

SEASONAL FLU FACTS

PREVENTION TIPS

Vaccination is the **best way** to **prevent** infection. Additionally it is recommended to practice personal protective measures like:



- Regularly wash & dry hands thoroughly.



- Cover mouth & nose when coughing and sneezing with the elbow or upper sleeve of your arm.



- Avoid close contact with sick people, touching one's eyes, nose or mouth.

ONSET & SYMPTOMS



SORE THROAT



PAIN IN THE MUSCLES



COUGH



RHINITIS



FEVER



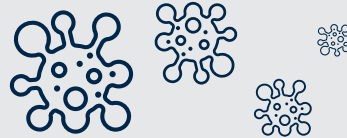
HEADACHE

Seasonal influenza is characterized by a sudden onset of **fever, cough (usually dry), headache, muscle and joint pain, severe malaise** (feeling unwell), **sore throat** and a **runny nose**.

TRANSMISSION

Seasonal influenza spreads easily, with a rapid transmission in crowded areas.

When an infected person coughs or sneezes, droplets containing viruses are dispersed into the air. Droplets can spread up to one meter, and infect persons in close proximity who breathe these droplets in.



The virus can also be spread by hands contaminated with influenza viruses.

The incubation period is **two days** but can range from **one to four**.

TREATMENT



Stay home to minimise the risk of infecting others.



Relieving symptoms such as fever and body aches using products containing common analgesics like ibuprofen or acetaminophen.



Drink plenty of fluids and get rest.



Seek medical attention if condition worsens.

IF IN A HIGH-RISK GROUP

Seek medical attention at the onset of symptoms for treatment with antivirals in addition to symptomatic treatment.

VACCINATION



Vaccination is the best way to prevent infection.

As such MedAire recommends getting vaccinated annually.

WHO especially recommends annual vaccinations for:

- Pregnant women at any stage of pregnancy
- Children aged between 6 months to 5 years
- Those over 65 years of age
- Those with chronic medical conditions



SEASONAL INFLUENZA

IS AN ACUTE VIRAL INFECTION THAT SPREADS EASILY FROM PERSON TO PERSON.



An estimated **3 to 5 MILLION** people are infected with influenza a year.



Up to **290,000 to 650,000** people have died.

*Source: World Health Organization, Influenza (Seasonal) Fact Sheet, updated January 2018.



Seasonal **INFLUENZA VIRUSES CIRCULATE WORLDWIDE**

and can affect people in any age group.

As such, an influenza epidemic can take an economic toll through lost workforce productivity and strained health services.

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