



SEASONAL INFLUENZA

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

DISCLAIMER:

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VACCINATION



Vaccination is the
best way to prevent
infection.

As such MedAire
recommends getting
vaccinated annually.

WHO especially recommendeds 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



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.

MedAire
An International SOS Company

**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 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



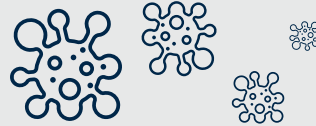
HEADACHE

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.

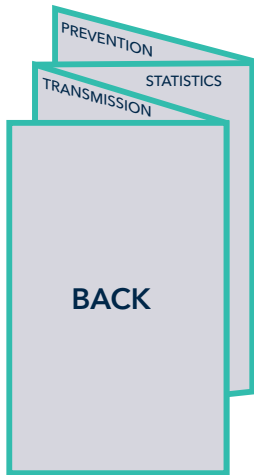
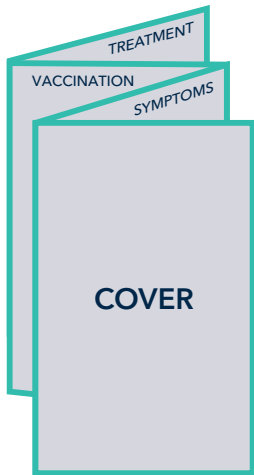



Seek medical attention if condition worsens.

IF IN A HIGH-RISK GROUP

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

FOLDING INSTRUCTIONS



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 <p>SEASONAL INFLUENZA IS AN ACUTE BACK INFECTION THAT SPREADS EASILY FROM PERSON TO PERSON.</p> <p><small>DISCLAIMER: This poster article has been developed for educational purposes only. It is not a substitute for professional medical advice. Please consult your doctor or pharmacist about any health condition. See your doctor for medical advice.</small></p>	<p>VACCINATION</p>  <p>Vaccination is the best way to prevent infection.</p> <p>VACCINATION vaccinated annually.</p> <p>WHO especially recommends annual vaccinations for:</p> <ul style="list-style-type: none"> • 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 	<p>An estimated 3 to 5 MILLION people are infected with influenza a year.</p> <p>Up to 290,000 to 650,000 people have died.</p> <p>STATISTICS</p> <p>Seasonal INFLUENZA VIRUSES CIRCULATE WORLDWIDE and can affect people in any age group.</p> <p>As such an influenza epidemic can take an economic toll through lost workforce productivity and strained health services.</p>	<p>MedAire All About Flu COVER SEASONAL FLU FACTS</p>
<p>PREVENTION TIPS</p> <p>Vaccination is the best way to prevent infection. Additionally it is recommended to practice personal protective measures like:</p> <ul style="list-style-type: none"> • Regularly wash & dry hands thoroughly • Cover mouth & nose when coughing and sneezing with with elbow of your arm or upper sleeve. • Avoid close contact with sick people, touching one's eyes, nose or mouth. <p>PREVENTION</p>	<p>ONSET & SYMPTOMS</p>  <p>SYMPTOMS</p> <p>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.</p>	<p>TRANSMISSION</p> <p>Seasonal influenza spreads easily, with rapid transmission in crowded areas.</p> <p>When an infected person coughs or sneezes, droplets containing viruses are dispersed into the air. Droplets can spread up to one meter, and contact transmission (direct or indirect contact with the virus).</p> <p>The virus can also be spread by hands contaminated with influenza viruses.</p> <p>Incubation period is two days, but can range from one to four.</p>	<p>TREATMENT</p>  <p>Stay home to minimize the risk of infecting others.</p> <p>Relieving symptoms such as fever and body aches using products containing common analgesics like ibuprofen or acetaminophen.</p> <p>Seek medical attention if condition worsens.</p> <p>TREATMENT</p> <p>IF IN A HIGH RISK GROUP Seek medical attention at the onset of symptoms for treatment with antivirals in addition to symptomatic treatment.</p>
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