

What to know about seasonal influenza

Influenza or “the flu”, is an illness caused by seasonal influenza viruses. These viruses are spread from one person to another.

How to recognize the flu?



Sudden high fever



Headache



Cough or sore throat



Muscle pain

What to do when you have the flu?



Cover your cough or sneeze with your arm/elbow or tissue



Wash your hands frequently



Get plenty of rest



Drink plenty of water and eat nutritious food



Seek medical advice if you are not getting better or if you are in a high risk group

How to prevent the flu?

Getting a flu vaccine each year is the best way to prevent the flu.



Vaccination is especially important for those at high risk of influenza complications:

- pregnant women
- people above 65 years of age
- children between 6 months and 5 years of age
- people with chronic medical conditions

and people who live with or care for those at high risk