INFLUENZA: MESSAGES

LAST UPDATE: MARCH 2022

What is influenza?
Influenza or ‘flu’ is an illness that spreads easily from person to person. It can cause severe illness and in some cases death. Those at the highest risk of dying are children below two years and adults over 65 years.

How is influenza transmitted?
Influenza spreads easily and can pass quickly through places where people gather together such as schools. When an infected person coughs, infected droplets get into the air and another person can breathe them in and be exposed. Influenza can also be spread by hands that are infected with the illness.

Symptoms
The symptoms of influenza are high fever, cough, headache, muscle and joint pain, sore throat and runny nose. Children are likely to have vomiting and diarrhoea. Most people recover within a week without going to see a doctor.

How to prevent influenza
To prevent influenza, get vaccinated. Vaccines are safe and effective and can help reduce illness and death. Vaccination is especially important for people at higher risk such as young children and older people.

Where to get a vaccine
You can get an influenza vaccine at [insert info]. Opening hours are [insert time].

Home based care
If you think you have influenza, stay at home, rest as much as possible, drink plenty of fluids and eat regularly. If symptoms get worse, visit your nearest health facility. They can be found at [insert info].

How to stop influenza spreading
If you have influenza, cover your coughs and sneezes with a handkerchief or sleeve. Wash hands regularly with soap and water. Limit close contact with others as much as possible as this helps to stop the illness spreading.
REFERENCES

For more information on this topic, we recommend you read the following references.

World Health Organization (2022). Influenza seasonal
https://www.who.int/health-topics/influenza-seasonal#tab=tab_1

World Health Organization (2022). Influenza (seasonal): Factsheet
https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)

World Health Organization (2022). Influenza (avian and other zoonotic)
https://www.who.int/health-topics/influenza-avian-and-other-zoonotic#tab=tab_1

World Health Organization (2022). Influenza (avian and other zoonotic): Factsheet
https://www.who.int/news-room/fact-sheets/detail/influenza-(avian-and-other-zoonotic)

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