

INFLUENZA



What it is: an infection of the upper airway caused by an influenza virus.

How it presents: fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Children may also experience nausea, vomiting, or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

How it's transmitted: exposure of your mucous membranes (mouth eyes, nose) to droplets from infected people, or picking the virus up on your hands from surfaces and then touching your mouth, rubbing your eyes or nose, etc.

How to prevent transmission:

- ❖ Get a vaccination each year
- ❖ Stay home when you are ill, and advise others to do so
- ❖ Clean your hands regularly
- ❖ Teach patients to and use good respiratory hygiene (contain their cough into a thick tissue or upper arm)
- ❖ Wear a surgical mask with eye protection when within 2 meters of ill patients, or have patient wear mask if they are able.