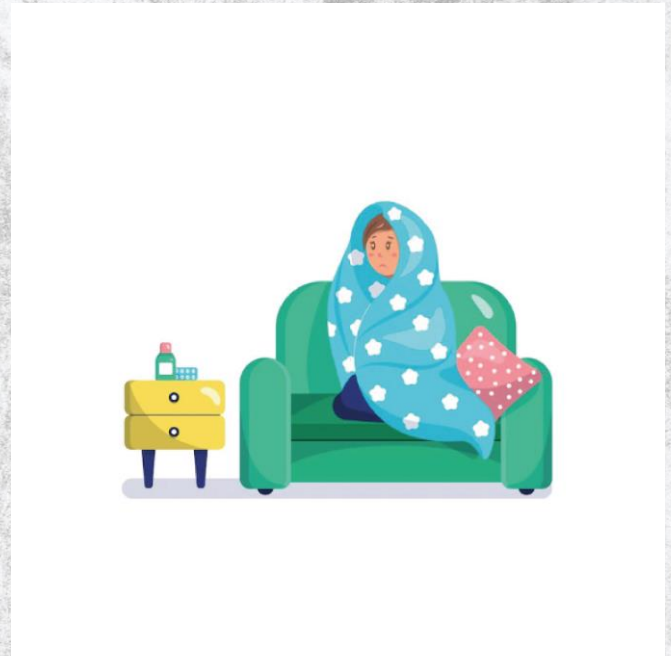


Seasonal Influenza



- Seasonal Influenza is an acute respiratory infection caused by influenza viruses which circulate in all parts of the world and affects all age groups.
- It is transmitted by inhaling droplets containing the virus or touching contaminated surfaces.
- Taking the Seasonal Influenza vaccine every year is one of the most effective methods of prevention.
- The majority of individuals who get influenza recover on their own without treatment.

Symptoms

- Fever
- Aching muscles
- Chills and sweats
- Headache
- Cough
- Shortness of breath
- Tiredness and weakness
- Runny or stuffy nose
- Sore throat
- Eye pain
- Vomiting and diarrhea, but this is more common in children than adults

When to see a doctor

Emergency signs and symptoms of the flu, get medical care right away.

For adults, emergency signs and symptoms can include:

- Difficulty breathing or shortness of breath
- Chest pain
- Ongoing dizziness
- Seizures
- Worsening of existing medical conditions
- Severe weakness or muscle pain



Risk Factors:

- Age
- Chronic diseases
- Immunodeficiency
- Obesity

Complications:

- Inflammation of the lungs;
- Bronchitis;
- Ear inflammation;
- Asthma;
- Heart problems;
- Blood poisoning;
- Death.

Treatment

Usually, you'll need nothing more than rest and plenty of fluids to treat the flu. But if you have a severe infection or are at higher risk of complications, your doctor may prescribe an antiviral drug to treat the flu.



Prevention:

- Take the Seasonal Influenza vaccine every year.
- Regularly wash your hands with water and soap.
- Avoid touching your eyes and nose directly after touching surfaces.
- Avoid direct contact with people who have the flu and refrain from using their personal tools.
- Use a tissue when sneezing or coughing and dispose of it immediately.
- Make sure surfaces are kept clean, such as: Tables and seats.
- Avoid crowded places.

