

INFLUENZA



The data

Each year, between **290,000** and **650,000** people die from flu-related **RESPIRATORY CAUSES**.



The disease

- > The Flu (influenza) is a **VIRAL INFECTION** that primarily affects the nose, throat, bronchi and occasionally the lungs.
- > Most people recover in one to two weeks without the need for medical treatment.
- > However, for **CHILDREN, PREGNANT WOMEN, OLDER ADULTS**, and **PEOPLE WITH SUBJACENT ILLNESSES**, the flu can lead to serious complications, cause pneumonia or result in death.



Symptoms

- > Sudden high fever
- > Muscle aches and pains
- > Headache
- > Significant general malaise
- > Dry cough
- > Sore throat
- > Congestion



Transmission

- > The virus is **EASILY TRANSMITTED** from person to person by droplets and small particles expelled by coughing or sneezing at distances of less than 1 meter.
- > Influenza usually spreads rapidly in **SEASONAL EPIDEMICS**.



Vaccines

ANNUAL VACCINATION IS THE MOST EFFECTIVE AND SAFEST WAY TO PROTECT against influenza and serious complications in at-risk groups.



Calendar

1 DOSE EACH YEAR AT THE BEGINNING OF THE FLU SEASON FOR

- > Pregnant women, throughout pregnancy
- > Older adults
- > People with underlying illnesses
- > Health care workers

2 DOSES at least 4 weeks apart for **CHILDREN FROM 6 MONTHS OF AGE**.