

SYMPTOMS

- Sudden fever
- Cough and runny nose
- Sore throat
- Runny nose
- Headache
- Fatigue
- Weakness
- Muscular pains.

Not everyone with influenza will have a fever.

Most cases are mild, although some can be severe or even fatal.



TRANSMISSION

Virus Distribution and Spread

The virus is transmitted person to person, mainly by droplets produced by infected people when they cough, sneeze or talk.

RECOMMENDATION

Prevention

- Influenza vaccine is available, it is recommended to apply the annual seasonal influenza vaccine.
- Try to avoid close contact with sick people.
- If you are sick limit contact with others.
- Cover your nose and mouth when you cough or sneeze.
- Consider using a mask.
- Wash your hands often with soap and water, especially after cough or sneeze.

Treatment

The treatment is based on relieving symptoms; rest and stay at home to prevent infecting other people. If you are infected with influenza, and your condition deteriorates, it is important to visit your health provider.

Pregnant women, adults over 65, people with chronic health conditions like asthma, diabetes, heart and lung disease and young children are at higher risk of severe illness and in some cases they need antiviral treatment.