

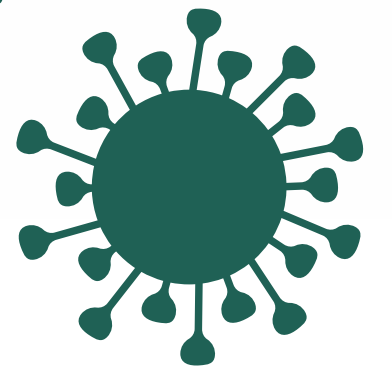
Seasonal influenza

Information for children



Source of infection

Direct contact with a person with influenza. It is an airborne disease and transmission occurs through droplets which spread through coughing, sneezing or talking to an infected person.



Risk & prevention

Children have a high risk of catching seasonal influenza during the winter season. They can protect themselves by:



Washing hands regularly



Avoiding touching face with unclean hands



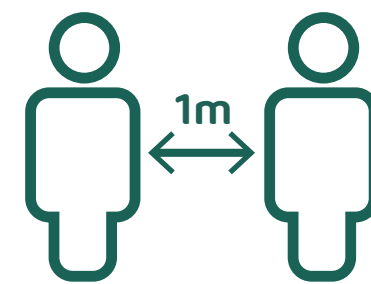
Wearing a mask



Sneezing and coughing in bent elbow



Disposing of used tissues



Keeping a safe distance



Avoiding crowded and non-ventilated places

Symptoms



High fever



Runny nose



Headaches



Cough



Muscle and joint pain

Actions to take in case of symptoms:



If you think that you have influenza, inform your teacher or parent and put on a mask. Visit your nearest health facility and follow the medical advice of your doctor.