

Seasonal influenza

Information for health workers



Source of infection

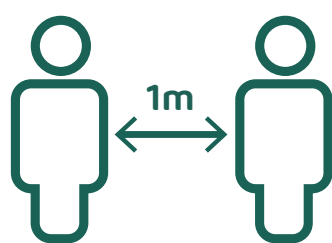
Airborne diseases involving droplets. Spreads through coughing, sneezing or talking to an infected person.

Risk & prevention

Health care workers are at greater risk of being exposed to influenza, especially doctors and nurses. You can protect yourself by:



Getting vaccinated every year



Keeping a safe distance



Wearing personal protective equipment



Keeping clinics and hospitals well ventilated



Washing hands regularly



Adopting good infection prevention and control measures

At hospitals ensure:



Soap and water are available at all times



Hospitals are regularly cleaned with disinfectants

Symptoms



High fever



Runny nose



Headaches



Cough



Muscle and joint pain

Actions to take in case of symptoms:



In case of symptoms, immediately start treatment and inform your supervisor. Stay at home and rest until you have made a full recovery.



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean