

Seasonal influenza

Information for older adults and the general public



Source of infection

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

Risk & prevention

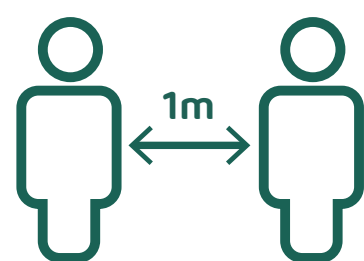
Older adults, pregnant women, individuals with underlying health conditions and children are at high risk of developing life-threatening conditions from seasonal influenza. They can protect themselves and others by:



Taking an annual influenza shot



Wearing a mask



Keeping a safe distance



Sneezing or coughing into a folded arm



Regularly washing hands with soap



Avoiding crowded and non-ventilated places

Symptoms



High fever



Runny nose



Headaches



Cough



Muscle and joint pain

Action to take in case of symptoms:



If you think that you have influenza, visit your nearest health facility and follow the medical advice of your doctor.