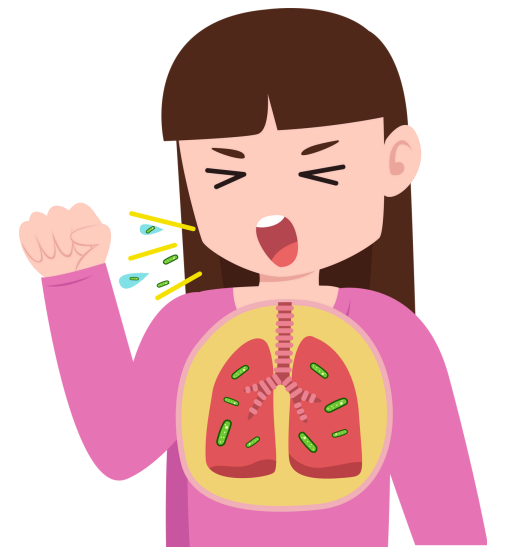


Influenza (Flu)

Contagious viral infection of the respiratory system that spreads mainly through droplets from coughing, sneezing or talking. Symptoms usually appear suddenly and can range from mild to severe.



Symptoms

- Sudden high fever and chills
- Severe headache, muscle and joint aches
- Sore throat and difficulty swallowing
- Runny or blocked nose
- Cough (dry or productive)
- Extreme tiredness or fatigue

Who is at risk ?

- Young children and elderly
- Pregnant women
- People with chronic illnesses & weak immune systems
- Healthcare workers and caregivers frequently exposed to patients

Preventive Measures

- **Do not ignore symptoms.**
- Wash hands frequently with soap and water or use alcohol-based hand rub.
- **Cover** your mouth and nose when coughing or sneezing.
- Avoid close contact with sick people.
- **Stay** home if you are unwell to prevent spreading the infection.
- **Get** the seasonal flu vaccine, especially if you are at high risk.

