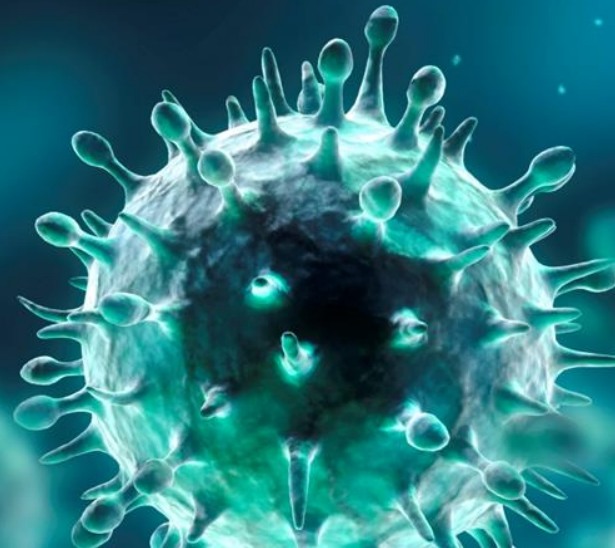




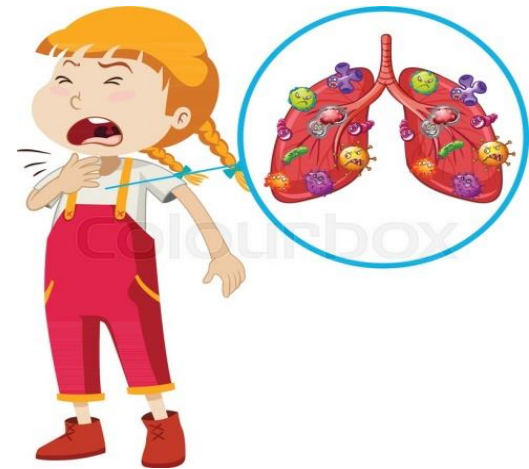
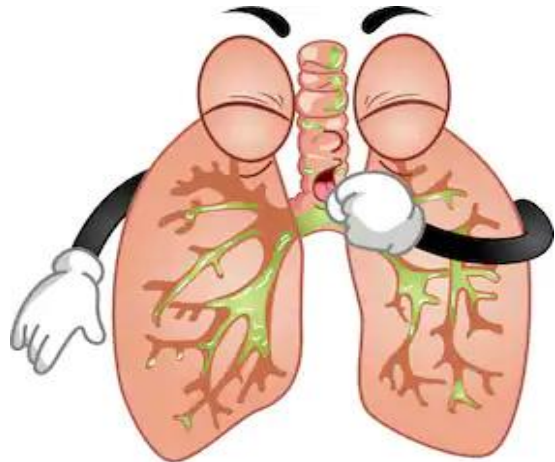
Influenza & Prevention

The presentation was compiled
by Ms . Israa Assaf
MS student - BAU



What is Influenza (Flu) ?

- Influenza is an acute respiratory infection caused by **VIRUSES** which circulate in all parts of the world.
- It can cause mild to severe illness, and at times can lead to death.



What are the different types of influenza?

- Four different types of influenza A,B,C and D.
- Influenza A & B viruses circulate and cause seasonal epidemics of the disease.
- Influenza A are classified into subtypes like H1N1, H3N2...



How influenza(flu) spread?

- People with flu can spread it to others up to about 6 feet away.
- Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
- Or, by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.



When is the flu season?

- Influenza viruses are most common during the fall and winter.
- Most of the time flu activity peaks between December and February, although activity can last as late as May.



Influenza signs & symptoms

How to recognize the flu?



Sudden high fever



Headache

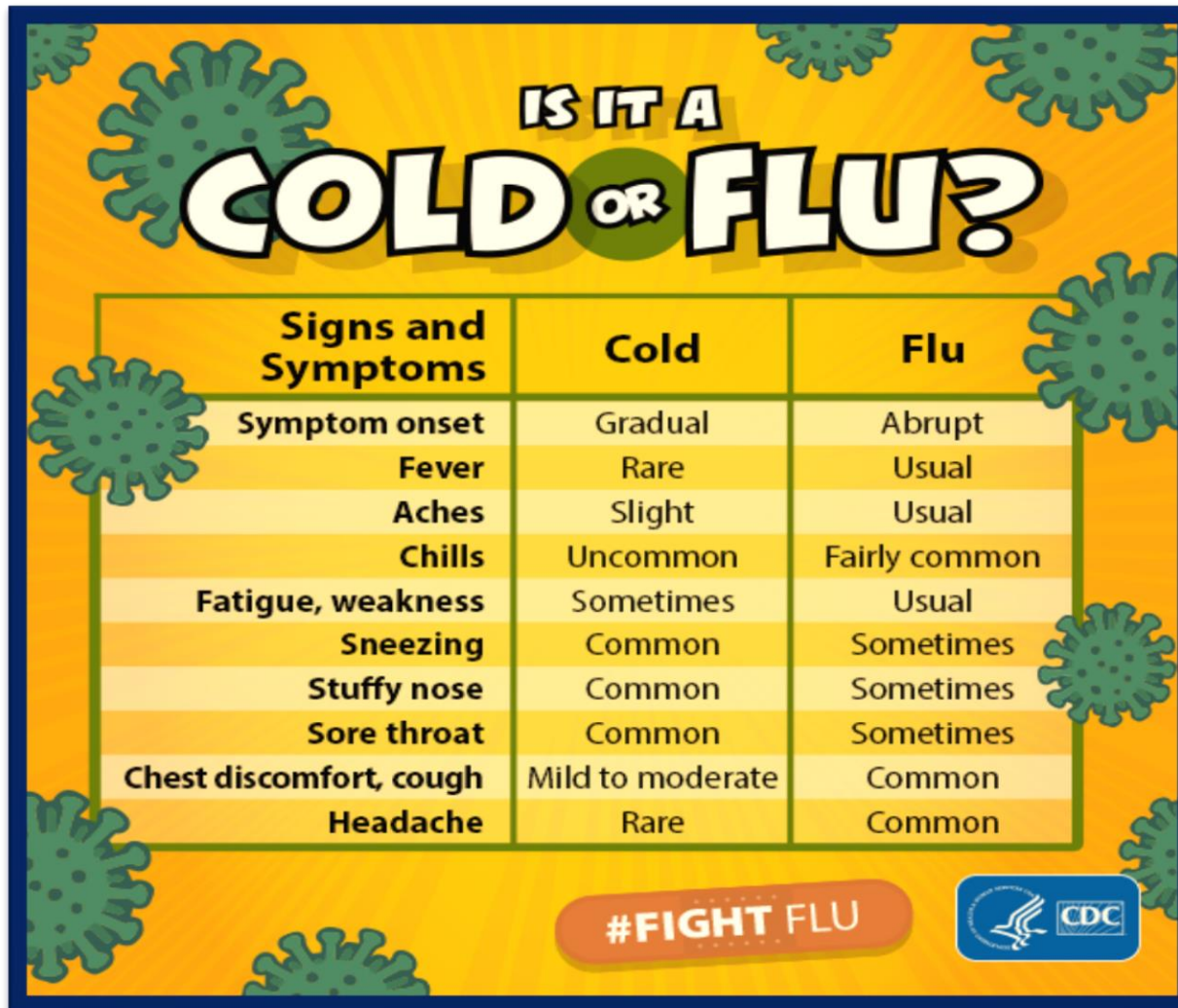


Cough or
sore throat




Muscle pain

Influenza or Common cold?



IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU 



People at risk?



❖ Influenza can affect all age groups but there are groups that are more at risk than others:

- Pregnant women
- Children aged between 6 months to 5 years old
- Elderly people
- Individuals with chronic diseases
- Medical staff



How to prevent Flu?

- ✓ Personal protective measures.
- ✓ Vaccination.



What are the personal protection measures?

- A Part of vaccination and antiviral treatment, the Public Health management includes personal measures like:



Vaccination



- The most effective way to prevent the disease is by Vaccination.
- It is a **safe** and **effective** way to protect your self and the community from getting sick.
- The influenza vaccine is available in **injectable form.**



Which viruses are selected for use in vaccine production?

- Recently, we have the Quadrivalent vaccines that includes 2 subtypes of influenza A (H1N1 & H3N2) with 2 influenza B viruses strains to provide wider protection against influenza B virus.

Quadrivalent Vaccine (today)



What side effects can occur after getting a flu vaccine?

- A flu vaccine can not give you flu illness!!
- However, there are mild and short lasting possible side effects that may occur:
- soreness, redness or swelling where the shot was given.
- Fever (low grade)
- Aches.



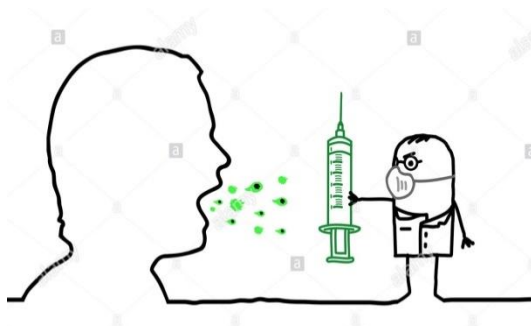
Who should get vaccinated?

- Influenza vaccine is important for ALL.
- But, the World Health Organization (WHO) recommends annual vaccination especially for:
- Pregnant women.
- Children aged between 6 months to 5 years.
- Elderly individuals.
- Individuals with chronic medical conditions.
- Medical staff.



When should I get vaccinated?

- In the northern hemisphere where the primary influenza activity starts after October the seasonal vaccine should be given prior to the start of the primary period of increased influenza
- For that, the CDC recommends that people get a flu vaccine by the end of October.



References:

- WHO : <https://www.who.int/influenza/en/>
- CDC : <https://www.cdc.gov/flu/about/index.html>