وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION

دائرة الصحة
DEPARTMENT OF HEALTH

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

حكومة الشارقة
هيئة الشارقة الصحية
Government of Sharjah
Sharjah Health Authority

EHS
مؤسسة الإمارات للخدمات الصحية
Emirates Health Services

دبي الصحية
DUBAI HEALTH

مركز أبوظبي للصحة العامة
Abu Dhabi Public Health Centre

Seasonal Influenza Awareness Guide

حصّن نفسك احمِ مجتمعك

Protect yourself protect your community



What is seasonal influenza?

Seasonal influenza is a acute respiratory infection caused by influenza viruses which circulate worldwide in certain seasons.

What is the pathogen?

Influenza viruses belong to the Orthomyxoviridia family. They are classified into types A, B and C on the basis of their core proteins.

What are the signs and symptoms of influenza?

Signs and symptoms range from mild to severe. Symptoms usually subside within a week, without any medical intervention. And it may cause severe illness that requires hospitalization and may lead to serious complications, particularly among certain high-risk groups.



Fever



Cough



Headache



Muscle and joint ache



Younger children may experience vomiting and diarrhea.



Malaise



Sore throat and a runny nose

Who are at a high-risk of getting influenza and its complication?



Pregnant women, at any stage of pregnancy



Children below 5 years of age



Elderly



Health-care workers



Individuals with chronic medical conditions such as chronic cardiac, pulmonary, renal, neurodevelopmental, liver or hematologic diseases



Individuals with weakened or compromised immune system

Incubation period:

The time from contracting the infection to illness, is about 2 days, but may range from one to four days.

Modes of transmission:

1. Direct mode of transmission: Droplets that are dispersed through coughing, sneezing and talking of an infected person.

2. Indirect mode of transmission: Touching contaminated hands or objects and surfaces and then touching your eyes, nose or mouth.

How to diagnose Seasonal Influenza?

laboratory investigation

Treatment of Seasonal Influenza:

1. Patients that are not from the high-risk group can manage with symptomatic treatment to relive fever and pain and other symptoms and are advised, to stay home in order to minimize transmission to others.

2. High-risk patients might need a different plan of treatment depending on the physician's evaluation.

How to prevent Seasonal Influenza?



Vaccination is the most effective way to prevent the disease



Good respiratory hygiene: applying cough and sneezing etiquette



Those feeling unwell (feverish or showing other symptoms of influenza) should self-isolate early on to prevent infecting others



Regular hand-washing and sanitizing



Avoiding close contact with sick people



Avoiding touching eyes, nose or mouth



Clean and sterilize frequently used surfaces and tools

What is the influenza vaccine?

The “flu shot “is an inactivated vaccine (containing killed virus) that is given usually in the arm.

Who can get the vaccine?

All individuals from age 6 months and above

Important groups that should take the flu vaccination:

It is highly recommended for the following groups to take the influenza vaccination, as they are more likely to contract the disease and its complications:



Elderly



Health care providers



Children from 6 months to 5 years



Pilgrims



Pregnant women at all stages of pregnancy



Those with chronic medical conditions

When should you get vaccinated?

Ideally the best time to get the influenza vaccine is annually in September or early (winter) before the influenza season starts. However, even if you did not get vaccinated at that time, vaccination is still recommended later as influenza may peak in later months during the year.

When does the flu vaccine become effective?

Two weeks after vaccination. That's why it's best to get vaccinated before influenza viruses start to spread in the community.

Is the influenza vaccine safe?

Flu vaccines have a good safety record and have been used on millions of people for more than 60 years. Side effects of the flu vaccine are generally mild and go away on their own within a few days.

What side effects can I get after vaccination?



Redness, swelling at the site of injection



Headache



Muscle aches



Fever



Nausea

These side effects are usually mild and short-lasting.

Where to get the flu vaccine?

Flu vaccines are offered in all government and private health care centers

Facts about seasonal influenza

Seasonal Influenza occurs all over the world, with an annual global attack rate of:

5-10% in adults

20-30% in children

Worldwide, annually epidemics result in about:

- 3 to 5 million cases of severe illness
- 290,000 to 650,000 respiratory deaths



Although patients will mostly recover without complications. However, it can be associated with serious illnesses, hospitalizations, and serious complications specially in high-risk groups.

Every flu season is different, and influenza can affect people differently.

Among elderly people, vaccination may reduce the number of

hospitalizations by 25-39%

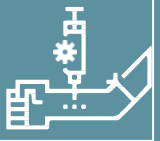
and has also been shown to:

reduce overall mortality by 39-75%



Flu vaccination has been shown in several studies to reduce severity of illness.

Influenza vaccines offer approximately 70-90% protection against clinical disease in healthy adults.



Benefits of the influenza vaccination

Decreases the risk of flu-associated hospitalization.

Prevents you from falling sick with influenza.

Protects pregnant women from acquiring the illness during and after pregnancy and helps protect infants in their first few months of life.

If you get the vaccine, you are protecting your family and community from contracting the disease, especially if they are from

حصّن نفسك احمِ مجتمعك

Protect yourself
protect your community