

Influenza

DISEASE:²³

Flu (short for **influenza**) is an illness caused by influenza viruses. Flu viruses infect the nose, upper airways, throat and lungs.

Flu spreads easily and can cause serious illness, especially for children younger than 5 years old, older people, pregnant women and people with certain chronic medical conditions like asthma and diabetes. Children especially younger than 2 years old are more likely to be hospitalised due to flu.

TRANSMISSION:²⁴

Flu spreads when infected people talk, cough or sneeze, and droplets with viruses in them land in the mouths or noses of people nearby. People can spread the flu to others from one day before they have symptoms to 5 – 7 days after they get sick. This can be longer in children and people who are very sick.

SIGNS & SYMPTOMS:²³

- Fever (not everyone with the flu has a fever) or feeling feverish/chills
- Headache
- Cough
- Sore throat
- Muscle aches
- Tiredness

Some children with the flu will vomit or have diarrhoea.

POSSIBLE COMPLICATIONS:²³

- Pneumonia (lung infection)
- Dehydration
- Worsening of long-term medical conditions, like asthma and diabetes





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