Influenza

**DISEASE:**

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:**

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:**

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

Some children with the flu will vomit or have diarrhoea.

**POSSIBLE COMPLICATIONS:**

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

Meningococcal bacteria is spread by sharing respiratory and throat secretions (saliva/spit) for example, coughing, kissing or lengthy contact.

- Meningococcal meningitis (infection of the thin lining that surrounds the brain and spinal cord)
- Meningococcal septicaemia (infection of the bloodstream)

Up to 1 in 5 survivors will suffer disabilities, nervous system problems or brain damage.

Flu-like symptoms or sudden onset of:

- Fever
- Headache
- Stiff neck

It will often also cause:

- Nausea
- Vomiting
- Increased sensitivity to light
- Rash
- Confusion
- Pneumonia (lung infection)
- Dehydration
- Worsening of long-term medical conditions, like asthma and diabetes

Meningococcal disease is caused by the bacterium Neisseria meningitidis. The disease is often severe and can be deadly. The invasive form of meningococcal disease can take one’s life in just 24 hours.

Doctors treat meningococcal disease with antibiotics but quick medical attention is extremely important. Keeping up to date with recommended vaccines is the best defense against meningococcal disease.
Find out more about VACCINATION
Scan QR Code to visit

www.vaccinationisprotection.com.sg

A community message brought to you by

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