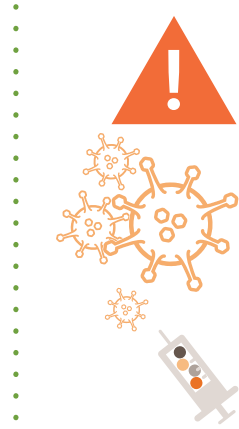


What is flu?

Flu (influenza) is a **contagious viral respiratory infection**.^{1,2}

Symptoms include:^{1,2}

- chills
- fever
- coughing
- feeling unwell
- muscle and joint pain
- headache
- sore throat
- runny nose and fatigue



Flu is not like the common cold. Symptoms tend to be more severe, last longer and can potentially be life-threatening. It can cause mild to severe illness, and at times complications from flu can lead to death.^{1,2}

Flu is **UNPREDICTABLE** and more difficult to prevent than other infectious diseases.³

So the protection offered by a vaccine in a given season does not necessarily mean you are protected the next.^{3,4}

What causes flu?

- Flu is caused by the influenza virus so antibiotics are not effective in treating it.
- Most infections in humans are caused by 4 flu strains – 2 A subtypes and 2 B strains.^{1,3,4}

2 A subtypes:		2 B lineages:	
A/H1N1	A/H3N2	B/Yamagata	B/Victoria

How do you get flu?

- Flu is highly contagious; it spreads easily and is especially common in **autumn and winter**
- The virus is passed on by:^{5,6}
 - Coughs
 - Sneezes
 - Close contact with others
 - Contaminated surfaces

It can survive on **hard surfaces** for up to **2** days⁸

7 days
Children may transmit the virus to others more than 7 days after infection.⁵

Who is most likely to catch flu?

Flu can affect anyone, but certain groups are more at risk of developing complications:^{1,7}

- People over 65 years old**
About 90% of deaths associated with flu occur among adults 65 years and older²
- Pregnant women**
- Children younger than 5 (especially younger than 2) years old**
- Individuals with chronic heart, liver, kidney, respiratory, neurological, blood or metabolic diseases including diabetes or asthma**
- Healthcare workers**
- Individuals with weakened immune systems due to conditions such as HIV or cancer**

How many people get flu?

Every year around 5 million people are severely ill because of flu, and **up to 500,000 people may die globally**.¹

Every year around **5–10% of adults** and **20–30% of children** get flu.¹

Every year around 5 million people are severely ill because of flu, and up to 500,000 people may die globally.¹

▪ A typical infection can mean **3–6** days off work.⁸

What helps to prevent flu?



According to the World Health Organization, *the best way to try to protect yourself* against seasonal flu is to get the annual vaccination.^{1,3}

Other ways to help protect include:⁹



Cover your mouth and nose when coughing or sneezing



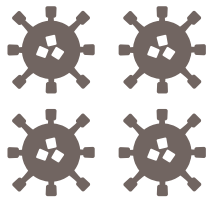
Hand washing



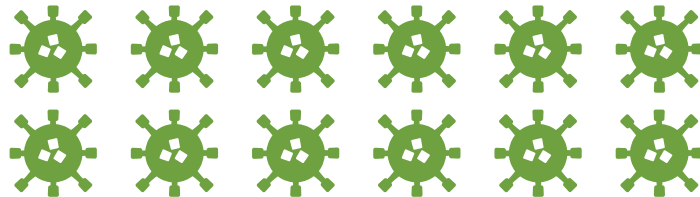
Avoid close contact with others

How is pandemic flu different from seasonal flu?

Seasonal flu outbreaks occur annually.



An influenza pandemic can occur when a new, non-human flu virus manages to infect humans and spread among people around the world. As there will be little to no immunity against these new non-human influenza viruses, more people are likely to become ill.¹⁰



What should I do if I get seasonal flu?

Always consult a healthcare practitioner for medical advice



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