



HEALTH ADVISORY

SEASONAL FLU

Is an acute respiratory infection caused by influenza viruses.
It is common in all parts of the world.
Influenza spreads easily between people when they cough or sneeze.
Vaccination is the best way to prevent the disease.

TYPES OF INFLUENZA VIRUS

INFLUENZA A

Influenza A viruses are further classified into subtypes according to the combinations of the proteins on the surface of the virus. Currently circulating in humans are subtype A(H1N1) and A(H3N2) influenza viruses. The A(H1N1) is also written as A(H1N1)pdm09 as it caused the pandemic in 2009 and replaced the previous A(H1N1) virus which had circulated prior to 2009. **Only influenza type A viruses are known to have caused pandemics.**

INFLUENZA B

Influenza B viruses are not classified into subtypes but can be broken down into lineages. Influenza type B viruses belong to either B/Yamagata or B/Victoria lineage.

INFLUENZA C

Influenza C virus is detected less frequently and usually causes mild infections, thus does not present public health importance.

INFLUENZA D

Influenza D virus primarily affect cattle and are not known to infect or cause illness in people.

WATCH OUT FOR THESE SYMPTOMS



Fever



Muscle and
Joint Pain



Cough



Sense of
being unwell



Headache



Sore throat and
Runny nose

IF YOU HAVE THE FLU

Cover your cough and sneeze

Wash hands regularly

Stay home to avoid infecting others

Avoid touching eyes, nose, or mouth

Take rest

Avoid close contact with those with flu
symptoms

Drink plenty of fluids

Get your flu vaccine shot

Do as your doctor advises

Source: **WORLD HEALTH ORGANIZATION**