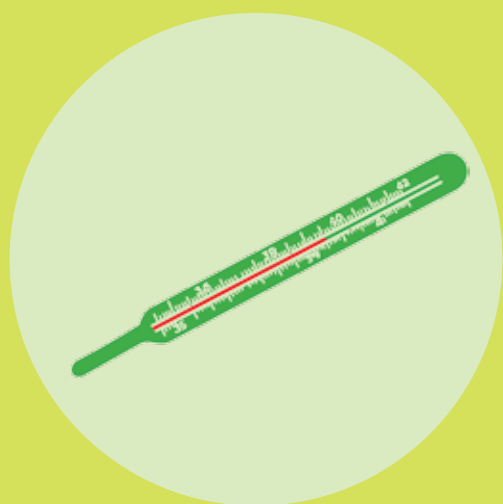


# What one should know about seasonal influenza!

Influenza, commonly called “the flu”, is an illness caused by influenza viruses that infect humans. These viruses are transmissible between humans and are known as seasonal influenza viruses.

## How to recognize flu?



High fever



Headache



Coughing/Sore throat



Muscle pain

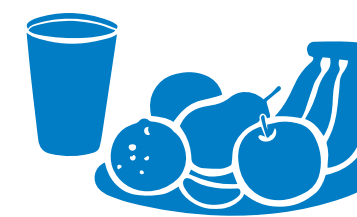
## What to do when you have flu?



Cough or sneeze into elbow/arm



Wash your hands



Eat nutritious food and drink plenty of water



Get plenty of rest



Seek medical advice if you are in a high risk group

## How to prevent flu?

Seasonal influenza vaccine is recommended for high risk groups: pregnant women, healthcare workers, elderly people above 65 years old, child below 5 years old and people with chronic medical conditions.

Please note that influenza A (H1N1) pdm09 is no longer called swine flu and seasonal influenza vaccination protects us against this virus.

Getting a flu vaccine each year is the best way to prevent the flu.