Influenza is a disease with the following clinical features that affect the respiratory system.

- Fever
- Headache
- Muscle Pain
- Sore throat
- Cough, runny nose
- With/without vomiting & diarrhoea

Influenza may lead to severe respiratory tract infection, especially in infants, pregnant mothers or elderly.

You may be returning from a country with an influenza outbreak. If you happen to develop the above symptoms within 7 days of returning to this country you may protect yourself and others from the disease by following the instructions given below.

If you have any of the above symptoms

**AVOID**
Close contact with others

**COVER**
Coughs and sneezes (using a handkerchief/tissue/ elbow). After the sneezes discard the tissues properly/wash handkerchief frequently

**WASH**
Hands frequently with soap and water

**CONSULT**
A qualified medical practitioner and bring the contents of the box below to the attention of the medical practitioner.
INSTRUCTIONS TO THE MEDICAL PRACTITIONER

• Determine whether the clinical findings are compatible with probable influenza infection based on the case definition given below.
  - An acute respiratory illness with;
    ♦ A history of fever or
    ♦ Measured temperature >38°C
    ♦ Cough
    ♦ Onset within past 7 days

• Consult the Infectious Diseases Hospital (IDH) for investigations and management (011 2411284)

• For further information contact the Epidemiology Unit (011 2695112)

• Notify the Chief Epidemiologist
  - Phone : 011 2695112
  - Fax : 011 2696583
  - email : chepid@stnet.lk

• Inform the area Medical Officer of Health

FOR FURTHER INFORMATION CONTACT

Epidemiology Unit
011 2681548

Infectious Diseases Hospital
011 2411284

Influenza
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