### Precautions to avoid Influenza

- Wash hands with soap and water frequently.
- Use alcohol-based hand rubs if available and if hands are not visibly dirty.
- Cover mouth and nose when coughing or sneezing with tissue or handkerchief or the inner surface of the forearm when tissue/handkerchief not available.
- Disposal of the tissues and masks in no-touch receptacles.
- Cleaning and disinfection of the environment and equipment.

### Laboratory Testing

- Diagnostic samples should be collected on clinical judgment from admitted patients only.
- Patients presenting to the General Practitioners who may require laboratory investigations and/or antiviral treatment should be directed to a hospital where these facilities are available.

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### FOR FURTHER DETAILS

**CONTACT**

<table>
<thead>
<tr>
<th>Role</th>
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<tbody>
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**Influenza is a viral infection characterized by an acute febrile illness (fever >38 °C) with the spectrum of respiratory symptoms ranging from an influenza-like illness (cough, sore throat, rhinorrhea) to pneumonia, caused by influenza virus which transmits from human to human.**

- Influenza A (H1N1, H3N2 etc) and B are the currently circulating viruses causing human infection.
- Influenza occurs throughout the year with two peaks in:
  - May/June/July
  - November/December/January
- Spread is by droplets or by contact with contaminated fomites.

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**Influenza can be prevented with proper hygienic practices!**
### High risk groups

- Pregnant women
- Children < 2 years
- Elderly > 65 years
- People with chronic illnesses-chronic lung, heart (excluding hypertension) metabolic, renal, liver or neurological disease
- Immuno-compromised people

### Admission criteria

Mild disease could be managed as outpatients with supportive symptomatic treatment and advice.

Those with severe/progressive symptoms should be admitted to hospital.

- Difficulty in breathing
- Respiratory rate >25/minute
- Oxygen saturation <92% on room air
- Signs of pneumonia
- CNS involvement
- Severe dehydration
- Signs of other organ failure
- Worsening of underlying chronic disease

### Antiviral therapy is only used for hospital admitted patients

Chemoprophylaxis is not recommended

Do not treat fever patients even with a single dose of Non Steroidal Anti Inflammatory Drugs (NSAIDs)