

## 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.



**Influenza can be prevented with proper hygienic practices!**

## 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.

### FOR FURTHER DETAILS CONTACT

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# Seasonal Influenza

Influenza is a viral infection characterized by an acute febrile illness (fever  $\geq 38$  °C) with the spectrum of respiratory symptoms ranging from an influenza-like illness (cough, sore throat, rhinorrhoea) 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.

**Influenza is self limiting in the majority**  
***But it can cause severe disease***  
***in high risk groups***

## 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

**All pregnant women presenting with symptoms of influenza should be referred to a hospital with specialist care**

**Please make arrangements to give priority to pregnant women at your practice/surgery minimizing their chances of exposure**



- **Others in high risk groups** with uncomplicated illness could be directed for home care after thorough assessment and instructions to review within 48 hours even in the absence of worsening of the disease.
- All other patients visiting a General Practitioner should be advised to seek medical attention if they develop progressive disease or fail to improve within 72 hours.

## Admission criteria

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

Those with sever/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)**

## Apparently healthy people in the high risk groups ...

- Should be educated on clinical manifestations of Influenza.
- Avoid unnecessary travel and crowded places.
- Avoid close contact with the sick.
- Should consult a qualified physician immediately if they have flu-like symptoms.