



Act now get vaccinated*

Influenza is not just a common cold

Annual influenza vaccination is an effective method for preventing influenza and its complications.¹



INFLUENZA

*With the consultation of your healthcare professional

How to prevent influenza? >>>>

Getting a flu shot can prevent flu. To avoid picking up the influenza virus, wash your hands often and thoroughly with warm soap and water. Avoid touching your nose, eyes, and mouth, and try to stay away from anyone who has the flu or flu-like symptoms.²

What can flu vaccination do?⁷ >>>>

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Remember....

Protect yourself and your loved ones from the flu by getting vaccinated.⁸

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Common Cold

Flu

Influenza



What is a common cold?

The common cold is an upper respiratory infection caused by a virus. A person can catch a cold at any time of year, colds are more common during the winter months. Colds spread when someone who's sick sneezes or coughs, sending virus-filled droplets flying through the air. It is most contagious in the first two to four days after a person is exposed to the cold virus.²

How to treat a common cold²?

- Colds are contagious during the first two to three days, so stay home and rest up.
- Because this is a viral infection, antibiotics are not effective in treating a cold.
- Colds usually clear up within a few days.

How to prevent a common cold²?

- Stay away from anyone who is sick.
- Don't share utensils or any other personal items (e.g toothbrush and towels).
- Practice good hygiene. Wash your hands often with hot water and soap to get rid of any germs.



What is Flu?

- Flu, or influenza, is a contagious respiratory illness caused by the influenza virus.³
- Each year, globally, 5% to 10% of adults and 20% to 30% of children catch the flu.⁴

How Flu Spreads³?

- Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
- These droplets can land in the mouths or noses of people who are nearby.
- You can also unknowingly infect others, beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Who is at Risk⁵?

- Yearly influenza epidemics can seriously affect all populations.
- The highest risk of complications occur among:
 - Elderly individuals (≥65 years of age)
 - Children younger than 2 years
 - Individuals with specific chronic medical conditions such as HIV/AIDS, asthma, and chronic heart or lung diseases, and health-care workers

Is it a cold or the Influenza⁶?

SYMPTOMS	COLD	INFLUENZA
Fever	Rare	Usual; sudden and high, especially in young children; last 3 to 4 days.
Headache	Rare	Common
General aches, pains	Slight	Usual; often severe
Fatigue, weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	<ul style="list-style-type: none"> • Antihistamines • Nonsteroidal anti-inflammatory medicines 	Antiviral medicines- see your doctor
Prevention	<ul style="list-style-type: none"> • Wash your hands often with soap and water • Avoid close contact with anyone with a cold 	<ul style="list-style-type: none"> • Annual vaccination: • Antiviral medicine-see your doctor
Complications	<ul style="list-style-type: none"> • Sinus congestion • Middle ear infection • Asthma 	<ul style="list-style-type: none"> • Bronchitis, pneumonia • Can worsen chronic conditions • Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women