

Are you a Health Care Professional?⁵



- Influenza (flu) can be a serious disease that can lead to hospitalization and sometimes even death
- Anyone can get very sick from influenza, including people who are otherwise healthy
- You can get the influenza from patients and coworkers who are sick with influenza
- If you get it, you can spread it to others even if you don't feel sick
- By getting vaccinated, you help protect yourself, your family at home, and your patients

How to prevent Influenza (Flu)?¹²



The best way to prevent seasonal influenza is to get vaccinated every year.

What can influenza (Flu) vaccination do?¹⁴



- Influenza (flu) vaccine can be life-saving in children
- Influenza (flu) vaccination can keep you from getting sick from Influenza (Flu)
- Influenza (flu) vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults
- Flu vaccination helps prevent serious medical events associated with some chronic conditions
- Getting vaccinated yourself may also protect 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 your babies, your loved ones and yourself from the influenza (Flu) by consultation with your healthcare professional.

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INFLUENZA



IS NOT JUST A COMMON COLD¹

Annual influenza vaccination is the effective method for preventing influenza virus infection and its complications.²

Disclaimer

The health information contained herein is provided for general educational purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.

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SANOPI PASTEUR

sanofi-aventis Pakistan limited
Plot No. 23, Sector No. 22, Korangi Industrial Area, Karachi-74900 Pakistan,
Tel: +92-21-35060221-35 - www.sanofi.com.pk

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What is Influenza (Flu)?



- Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Serious outcomes of influenza infection can result in hospitalization or death³
- Each year, globally, 5% to 10% of adults and 20% to 30% of children catch the influenza⁴

What is the difference between a cold and flu?¹



Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are more intense. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

How does influenza spread?⁵



- Influenza viruses are 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 up to about 6 feet away or possibly be inhaled into the lungs
- A person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose

What are the Signs and Symptoms of Influenza?⁶



- Seasonal influenza is characterized by a sudden onset of fever, cough (usually dry), headache, muscle and joint pain, severe malaise (feeling unwell), sore throat and a runny nose
- Influenza can cause severe illness or death especially in people at high risk

Who is at Risk of Influenza?⁷



Some people are more likely to get influenza complications that can result in hospitalization and sometimes death. People at high risk for developing influenza related complications are;

- Young Children
- Children with Neurologic Conditions
- Adults 65 years of age and older
- Pregnant women
- People with certain health conditions like Asthma, Diabetes, Heart Disease, HIV/AIDS & Cancer

Are you a Diabetic patient?



- People with diabetes (type 1 or type 2), even when well-managed, are at high risk of serious influenza complications, often resulting in hospitalization and sometimes even death⁸
- Influenza also can make chronic health problems, like diabetes, worse⁸
- Persons with diabetes who contract influenza A (H1N1) virus are more likely than others to be hospitalized or to require ICU care⁹
- It is especially important for people with diabetes to get a flu vaccine⁸

Are you an Asthmatic patient?¹⁰



- Flu infection can be more serious for people with asthma, even if their asthma is mild or their symptoms are well-controlled by medication
- Adults and children with asthma are more likely to develop pneumonia after getting sick with the influenza
- It is especially important for people with asthma to get a flu vaccine

Do you have Heart Disease, Stroke, or Other Cardiovascular Disease?¹¹



- People with heart disease and those who have suffered stroke are at higher risk for developing serious complications from influenza
- Influenza is associated with an increase of heart attacks and stroke
- It is especially important for people with heart disease or who have had a stroke to get a flu vaccine

Influenza in people who are 65 years of age or older?¹²



- People 65 years and older are at greater risk of serious complications from the influenza
- It's estimated that between 70 percent and 90 percent of seasonal flu-related deaths have occurred in people 65 years and older
- It's also estimated that between 50 percent and 70 percent of seasonal influenza related hospitalizations have occurred among elderly people
- The best way to prevent the influenza is getting the influenza vaccine

Children are at increased risk of Influenza¹³



- Children younger than 5 years old, especially those younger than 2 are at high risk of developing serious influenza related complications
- Each year, millions of children get sick with seasonal influenza; thousands of children are hospitalized and some children die from influenza
- The single best way to protect your children from the flu is to get them vaccinated each year
- Getting influenza vaccination can reduce influenza illnesses, doctor's visits, missed work and school days, and prevent influenza related hospitalizations and deaths in children