Getting a flu vaccine each year is the best way to prevent the flu.

What one should know about seasonal influenza!

Influenza, commonly called “the flu”, is an illness caused by influenza viruses that infect humans. These viruses are transmissible between humans and are known as seasonal influenza viruses.

How to recognize flu?

- High fever
- Headache
- Coughing/Sore throat
- Muscle pain

How to prevent flu?

Seasonal influenza vaccine is recommended for high risk groups: pregnant women, healthcare workers, elderly people above 65 years old, child below 5 years old and people with chronic medical conditions.

Please note that influenza A (H1N1) pdm09 is no longer called swine flu and seasonal influenza vaccination protects us against this virus.

What to do when you have flu?

- Cough or sneeze into elbow/arm
- Get plenty of rest
- Wash your hands
- Eat nutritious food and drink plenty of water
- Seek medical advice if you are in a high risk group