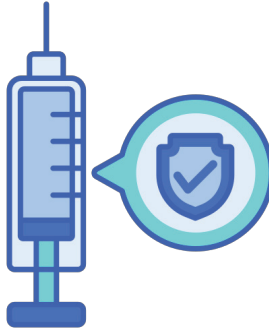




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Seasonal Influenza

What is Seasonal Influenza?

A viral infection that spreads among humans which caused by influenza viruses. It attacks the respiratory system, where a person becomes infected through the nose and mouth and reaches the lungs.

Seasonal Influenza is spread mainly by:

Inhaling droplets from an infected person when coughing or sneezing.



Touching surfaces contaminated with the virus and then touching the mouth or nose.

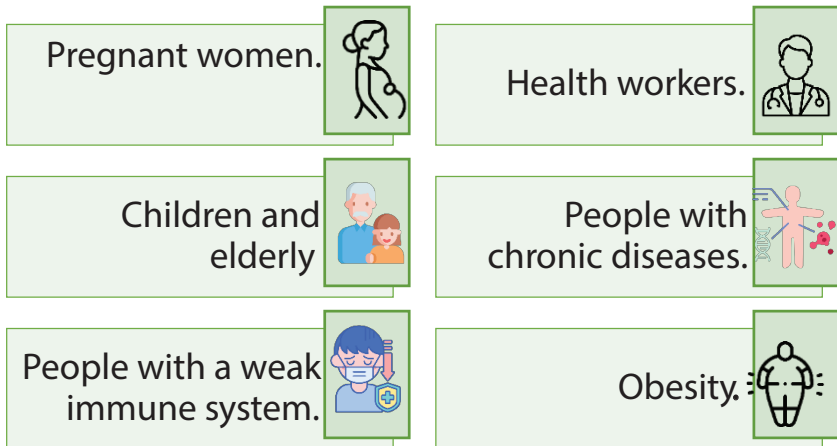
The Incubation Period:

This is the period that separates the infection from being acquired and the disease appearing, which is two days.

Infectious Period:

The infection period extends from 5-7 days.

Influenza-High-risk Groups



Groups at Higher risk for Influenza Complications:

Pregnant women.

Children under the age of five, and the elderly.

Individuals with chronic medical conditions
(such as chronic heart disease).

Individuals with immunosuppressed
conditions (such as HIV, receiving
chemotherapy or steroids, or having malignant
tumors).

Complications:

Pneumonia.

Bronchitis.

Sinuses and ears infection.

People with asthma may experience asthma attacks during the flu.

Death.

Influenza Symptoms:

- Body temperature rises more than 37.8 degrees Celsius.
- Shuddering.
- Headache.
- Coughing.

Fatigue and exhaustion.

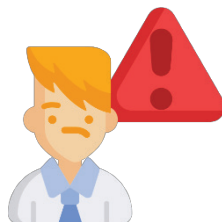
Runny nose.

Sore throat.

Muscle pain.

When Should you see the Doctor?

Most people with influenza only need to rest at home, however, when the severity of the illness increases and continues for more than two weeks, a doctor must be seen.



Treatment:

Treatment usually consists of rest, drinking plenty of fluids, and treating other symptoms such as fever.

People at high risk or with severe symptoms should be treated with antiviral medications.

Protection:

Taking the influenza vaccine annually, as it is the most effective method of prevention.

Washing hands regularly and cleaning surfaces frequently.

Do not come across people with infection.



Covering the nose and mouth when sneezing and coughing and disposing the used tissues.

Do not touch the mouth and nose immediately after touching surfaces.

Contraindications to Vaccines:

There are some people who are not given the vaccine except after consulting a physician, such as:

Those who have a severe allergy to eggs.

Those who are allergic to the influenza vaccination previously.

Those who had Guillain-Barré syndrome (GBS) earlier after receiving the vaccination.

Children under six months of age.

People who have a severe or moderate temperature (but they can take the vaccine after their temperature stabilizes).

Temporary Contraindications for the use of Influenza Vaccination:

Vaccination should be postponed in the event of any acute infection or any illness accompanied by a high temperature.

Side Effects of using Influenza Vaccination:

Influenza vaccination is safe, however, it may be accompanied by some temporary symptoms, which usually disappear within 48 hours after the injection without the need for treatment, including:

High temperature.

Redness or swelling at the injection site.

Sore throat.

Mild body pain.



Some Common Questions:

Is it possible that I will get influenza despite being vaccinated this year?

Yes, but the risk of infection is less than those who haven't get the vaccine. It may also make your infection mild if you are exposed to the infection.

Why is it recommended to get the influenza vaccination (annually)?

Because the vaccine usually changes every year, depending on the change in virus strains.

لأن الوعي وقاية

إدارة التثقيف الصحي

Health Promotion Department

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