

My name is Influenza

Who am I ?

Influenza (known as Flu to my friends). I am a viral infection and will make you feel unwell with:

- High temperature (fever)
- Sweats
- Aches and pains in muscles and joints
- A dry cough
- Sore throat
- Sneezing
- Headache
- Feeling sick (nausea)

You can spread the flu 7 days after symptoms start. The virus can live in your mucus and saliva up to 24 hours before you start to feel unwell. This means you might give it to someone else a full day before your symptoms begin.

People say they can't get out of bed if they have Flu – **I make you feel really bad!**

I particularly like to meet people with these risk factors

- The elderly
- Very young
- Pregnant women
- People with underlying medical conditions such as COPD, Diabetes and asthmatics
- Even healthy people can develop severe complications from influenza
- Anyone can spread me and lots do not have symptoms of Flu.

Mode of spread/ Habitat

- I am a highly contagious
- I am spread through cough and sneezes
- You could get it on your hands from objects like doorknobs, handles, buses, computer keyboards, and telephones.
- The virus enters your body when you touch your hands to your nose, eyes or mouth
- I can survive on hard surfaces for 24 hours. I can remain infectious on tissues for up to 15 minutes.
- I can also survive as aerosols (tiny particles) in the air for several hours; low temperatures increase my survival in the air.

If you do the following you can prevent my spread

- Have your seasonal Influenza vaccination
- Catch coughs and sneezes in tissues- 'Catch it , Bin it, Kill it'
- Wash your hands
- Remain at home if you are unwell
- Clean all touch points and flat surfaces

