

INFLUENZA: MESSAGES

LAST UPDATE: MARCH 2022

About the Message Library

People affected by disaster must have access to timely, appropriate and accurate information to help them keep themselves and their families safe and well. They should know their rights, entitlements and be able to give feedback. Responders have a duty to put in place appropriate, systematic and coordinated mechanisms to ensure this.

Our Message Library offers clear, concise and simple messages on a range of topics as templates for you to adapt and use in the context you are working in. These are intended to help you make a quick start on communicating with communities while you further develop mechanisms for on-going dialogue with diverse groups within each community.

For help contextualising and using the messages we recommend you do our e-learning course and read the following technical guidance.

E-learning

<https://kayaconnect.org/course/info.php?id=768>

Guidance

<https://www.cdacnetwork.org/tools-guidance/cdac-message-library-user-guidance>

What is influenza?

Influenza or 'flu' is an illness that spreads easily from person to person. It can cause severe illness and in some cases death. Those at the highest risk of dying are children below two years and adults over 65 years.

How is influenza transmitted?

Influenza spreads easily and can pass quickly through places where people gather together such as schools. When an infected person coughs, infected droplets get into the air and another person can breathe them in and be exposed. Influenza can also be spread by hands that are infected with the illness.

Symptoms

The symptoms of influenza are high fever, cough, headache, muscle and joint pain, sore throat and runny nose. Children are likely to have vomiting and diarrhoea. Most people recover within a week without going to see a doctor.

How to prevent influenza

To prevent influenza, get vaccinated. Vaccines are safe and effective and can help reduce illness and death. Vaccination is especially important for people at higher risk such as young children and older people.

Where to get a vaccine

You can get an influenza vaccine at [insert info]. Opening hours are [insert time].

Home based care

If you think you have influenza, stay at home, rest as much as possible, drink plenty of fluids and eat regularly. If symptoms get worse, visit your nearest health facility. They can be found at [insert info].

How to stop influenza spreading

If you have influenza, cover your coughs and sneezes with a handkerchief or sleeve. Wash hands regularly with soap and water. Limit close contact with others as much as possible as this helps to stop the illness spreading.

REFERENCES

For more information on this topic, we recommend you read the following references.

World Health Organization (2022). **Influenza seasonal**
https://www.who.int/health-topics/influenza-seasonal#tab=tab_1

World Health Organization (2022). **Influenza (seasonal): Factsheet**
[https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))

World Health Organization (2022). **Influenza (avian and other zoonotic)**
https://www.who.int/health-topics/influenza-avian-and-other-zoonotic#tab=tab_1

World Health Organization (2022). **Influenza (avian and other zoonotic): Factsheet**
[https://www.who.int/news-room/fact-sheets/detail/influenza-\(avian-and-other-zoonotic\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(avian-and-other-zoonotic))

HELP US KEEP THE LIBRARY UP TO DATE

If you would like to contribute to topic reviews, have found a message that needs greater clarity, or wish to create a new topic, please contact us at info@cdacnetwork.org.