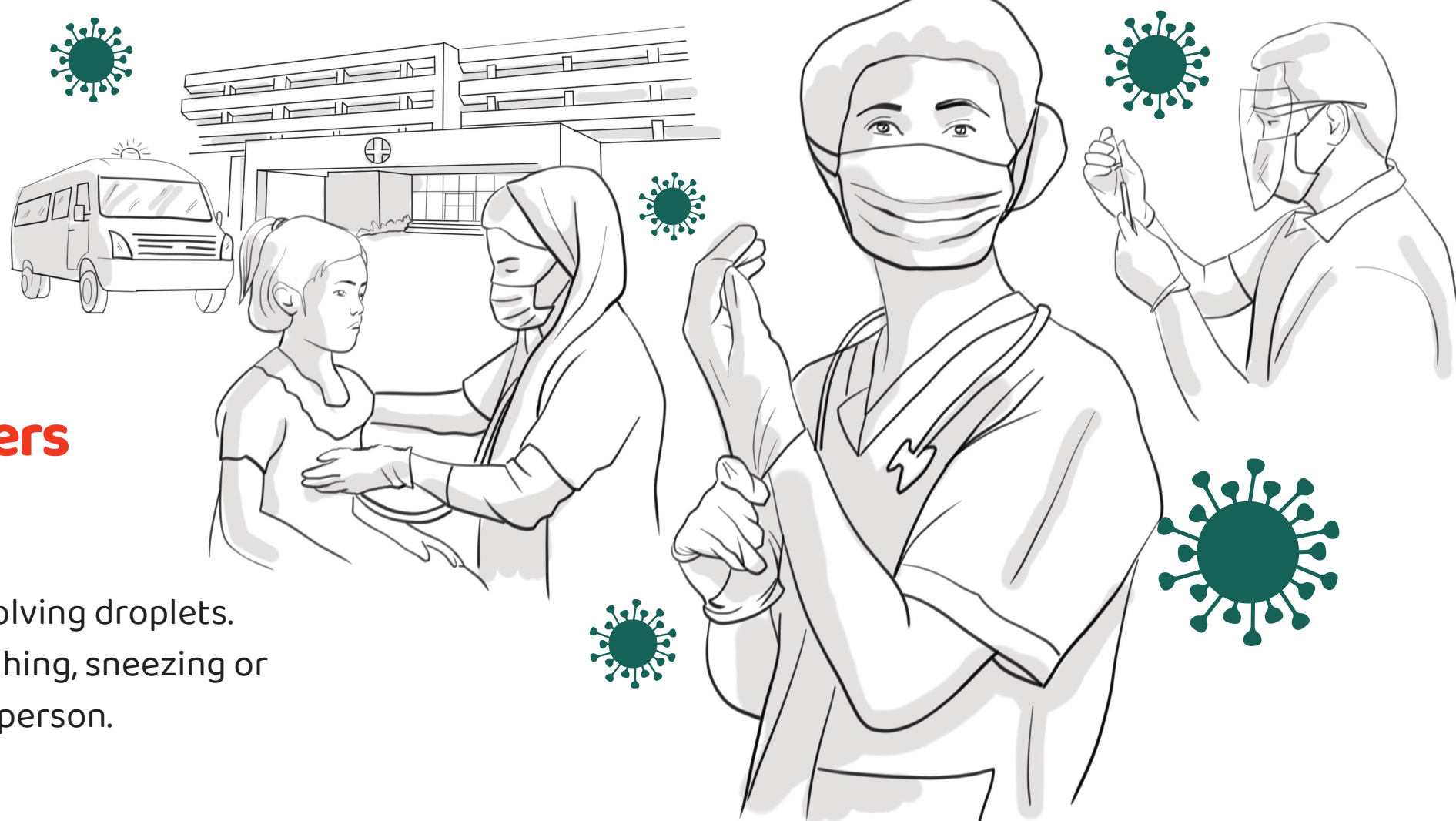


# Seasonal influenza

Information for health care workers



## Source of infection

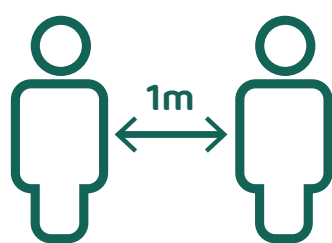
Airborne diseases involving droplets. Spreads through coughing, sneezing or talking to an infected person.

## Risk & prevention

Health care workers are at greater risk of being exposed to influenza, especially doctors and nurses. You can protect yourself by:



Getting vaccinated every year



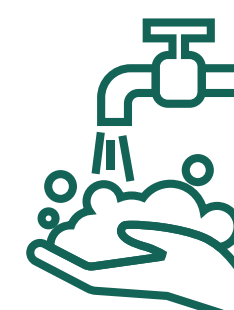
Keeping a safe distance



Wearing personal protective equipment



Keeping clinics and hospitals well ventilated



Washing hands regularly



Adopting good infection prevention and control measures

At hospitals ensure:



Soap and water are available at all times



Hospitals are regularly cleaned with disinfectants

## Symptoms



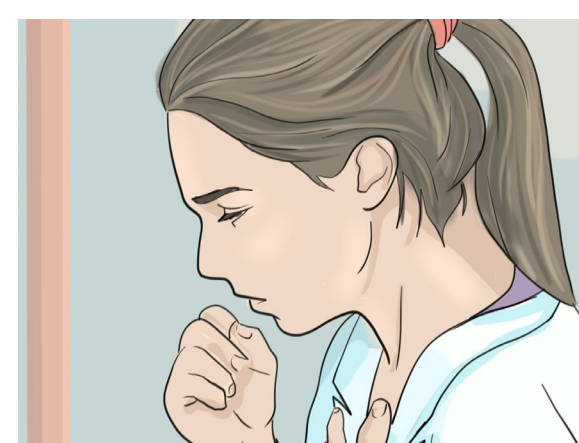
High fever



Runny nose



Headaches



Cough



Muscle and joint pain

Actions to take in case of symptoms:



In case of symptoms, immediately start treatment and inform your supervisor. Stay at home and rest until you have made a full recovery.



World Health Organization

REGIONAL OFFICE FOR THE Eastern Mediterranean