



The Influenza Season is Upon Us!

What is the difference between common cold and influenza?

	Common cold	Influenza
Symptoms	Localized symptoms, such as runny nose or sore throat	Fever with temperature of 38°C or higher, cough, sore throat, and general symptoms including fatigue and whole body muscle pain
Prevalence	You can catch a cold at any time of the year	The number of influenza cases peak in January and February with sporadic occurrences until April or May

What can I do to prevent catching influenza?

● **Influenza can spread through both droplet transmission and direct contact; therefore, preventing the spread of infection is important.**

- If you had been outdoors, wash your hands and gargle after return.
- The use of hand sanitizers is very effective when hand washing is not an option.
- During peak seasons for infection, try to avoid mingling in crowds of people.
- Ensure that indoor areas are properly ventilated and humidified. A dry environment can accelerate the increasing number of the influenza virus.

● **Maintaining your health is also important. Make sure you eat good valance food and sleep well.**

● **Receive influenza vaccination.**

- During October and November, prior to the peak season. Vaccination is the most effective to prevent influenza.
- The vaccine is generally the most effective at 2 weeks to 5 months after the shot.
- The prevailing type of influenza virus varies every year; therefore, vaccination should be received every year.
- Those who are in contact with children especially participate in teaching practice and clinical training at a medical institution must receive vaccination.



What should I do if I think I have influenza?

If you have fever and the temperature quickly rises to 38°C or higher, you have cough or a sore throat, and you feel fatigue, then you are suspected to have been infected with the influenza virus. If these symptoms appear, go to your nearest medical institution and see your doctor as soon as possible.

If you have any of the following severe symptoms, visit your doctor immediately.

Severe symptoms (in adults)

- | | |
|---|---|
| <input type="checkbox"/> Difficulty in breathing or shortness of breath | <input type="checkbox"/> Continuous chest pains |
| <input type="checkbox"/> Continuous vomiting or diarrhea | <input type="checkbox"/> Persistent, long-term symptoms |



What should I be careful of if I have the flu?

● **Use a mask to covering your mouth and nose to prevent the spreading the virus to those around you.**

● **Face away from others and cover your mouth and nose with a tissue or handkerchief when coughing or sneezing.**

● **You should not attend classes for at least 2 days after your fever has normalized.**

Because you may have the virus for 2 days even after your temperature has reduced.

