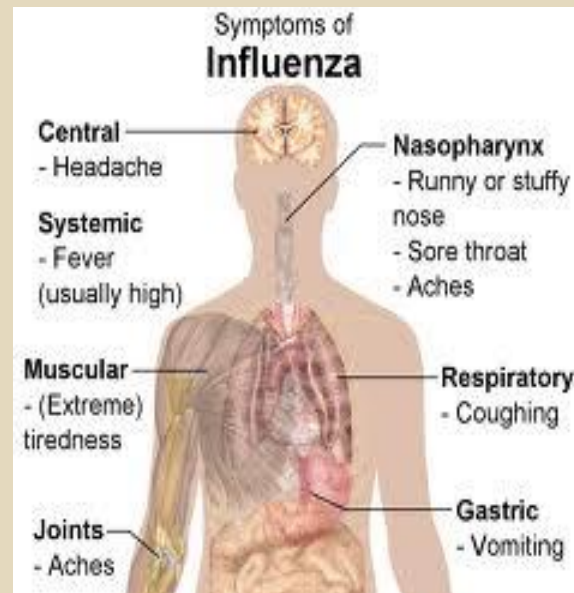


Influenza



Cause



- viral disease of the respiratory tract
- transmitted person to person by droplet spread from a cough or sneeze and from hands or articles soiled with discharge of the nose and throat of infected person

Symptoms



- fever and cough with one or more of:
- sore throat
- headache
- muscle pain
- weakness
- fever = (38.0°c or above)

Treatment



- mainly supportive therapy for symptoms

Work Restrictions



- **If symptomatic**, staff must remain out of the workplace until 7 days after the onset of symptoms (unless immunized 2 weeks previously and have started antiviral treatment).
- **If exposed to influenza** (including family members), there are no work restrictions or modification of work practices.

Prevention



- annual influenza vaccine
- use of personal protective equipment when caring for patients
- frequent hand washing and covering mouth & nose when coughing or sneezing



Influenza Fact Sheet

Adapted from the
Canadian Coalition for
Immunization
Awareness &
Promotion

Symptom	Cold	Influenza
Fever	Rare	Usual high fever (sudden onset; lasts 3-4 days)
Headache	Rare	Usual
Aches & Pains	Sometimes/Mild	Usual
Fatigue & Weakness	Sometimes/Mild	Usual (may last for 2 weeks or more)
Extreme Fatigue	Unusual	Usual (early onset)
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore Throat	Common	Common
Coughing, Chest Discomfort	Sometimes/Mild	Usual