

WHAT IS FLU? (INFLUENZA)

Influenza, also known as “flu” occurs throughout the year but is more frequent in autumn and winter, when temperatures drop.

Influenza can appear in two forms:

Influenza-like illness syndrome, which is more common, or as Severe Acute Respiratory Syndrome - SARS (Severe signs and symptoms that may lead to hospitalization).

Symptoms



**Sudden
onset of fever**



Cough



**Sore
throat**



Headache



**Muscle pain
or joint pain**

If you present these symptoms, seek medical attention in a health center

FLU SYNDROME

In addition to the symptoms above, children under 2 years of age may also present symptoms such as cough, runny nose and nasal obstruction.

Flu symptoms usually improve within a week.

The fever (temperature $\geq 37.8^{\circ}\text{C}$) should diminish within 2 to 3 days from the onset of illness.

Cough, fatigue and malaise may persist for a few weeks.

SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

SARS patients present the same symptoms above, plus shortness of breath and signs of respiratory distress.

The syndrome can also be characterized by a decrease in blood oxygen and blood pressure.

Who should be vaccinated? (FLU - INFLUENZA)

- Seniors aged 60 or more;
- Children under five years;
- Pregnant women;
- Women in the period up to 45 days after delivery;
- Indigenous people;
- Patients with chronic diseases (diabetes, heart, lung or renal disease, immune deficiency, etc.);
- People who are morbidly obese or having diseases caused by hemoglobin disorders, such as sickle cell disease.

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**CIDADE DE
SÃO PAULO
SAÚDE**

Use a disposable tissue and discard it after use.

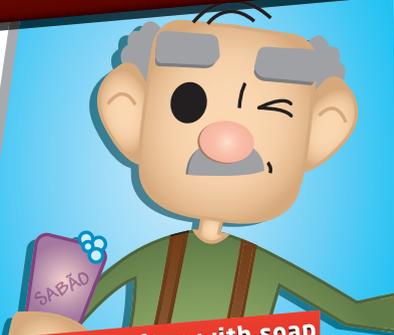


Cover your nose and mouth when you cough or sneeze.



FLU/ COVID-19 PREVENTION IS IN YOUR HANDS

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Avoid crowded or poorly ventilated places



Avoid touching eyes, nose and mouth

Avoid close contact with people who show signs or symptoms of influenza/covid-19

Do not share personal items