Influenza is transmitted very easily from person to person. The influenza virus is contained in the nasal secretions of a sick person. It can survive outside the body for 48 hours - even longer in cold, dry weather.

People with influenza are contagious 24 hours before symptoms develop and remain contagious for up to 14 days from the start of symptoms. Symptoms of influenza may last 5-10 days - major symptoms usually improve after day 5, but mild symptoms may persist for longer.

People catch the flu when virus enters the body through the mouth, nose, or eyes. This can happen if droplets coughed by an infected person settle in the nose, mouth or eyes of a healthy person. It can also occur if a person’s hands (or other items) become contaminated and come into contact with the nose, mouth or eyes.

The following actions may reduce your chance of becoming infected:

- Avoid people who are coughing and sneezing.
- Avoid crowds.
- Avoid people who have influenza-like symptoms.
- Wash your hands frequently while you are unwell.
- Use a mask or cover your nose and mouth with your upper forearm or a tissue and then dispose of the tissue.
- Stay at home while you are unwell.
- Prepare travel until you have recovered.
- Read the self-care guideline.

WHAT ARE INFLUENZA LIKE SYMPTOMS AND WHAT SHOULD I DO IF I HAD THEM?

If you, or someone in your family develops a fever (temperature >38°C/100.4°F) AND one or more of the following symptoms:

- Cough
- Sore throat
- Difficulty breathing
- Diarrhoea
- Any severe unexplained illness

AND

The suspected influenza case has been exposed to, or more of the following events during the 14 days before the onset of symptoms:

- Contact (within 1 m / 3 feet) with live or dead domestic fowl or wild birds or domestic ducks, or swine in any setting.
- Exposure to settings in which domestic fowl were confined or had been confined in the previous 6 weeks.

- Unprotected contact (within touching or speaking distance) with a person for whom the diagnosis of influenza A/H5N1 is confirmed or being considered.
- Unprotected contact (within touching or speaking distance, 1 m) with a person with an unexplained acute respiratory illness that later resulted in severe pneumonia or death.

THEN

You should immediately call the International SOS Alarm Centre (62) (21) 750 6001 and speak to an International SOS Medical Advisor.

In addition to fever and respiratory symptoms, Avian Flu may be associated with other symptoms including: headache, muscular stiffness, loss of appetite, malaise, confusion.

TAMIFLU®

Tamiflu® is thought to be about 80 percent effective in preventing influenza. It is currently used for close contacts of influenza A/H5N1 cases, including health care workers. One 75 mg capsule is taken daily while the influenza pandemic wave is active in an area. As the pandemic wave may last 4-12 weeks, one or more capsules may be required from 28 to 84 days.

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  - Sore throat
  - Difficulty breathing
  - Diarrhoea
  - Any severe unexplained illness

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**Important Tips for Fighting The Avian Influenza**

**WHAT SHOULD I DO IF I HAD THEM?**

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Managing the Symptoms of Influenza

For tiredness and general sick feeling:
• Go to bed, but keep light on.
• Drink liquids or eat soft, easily digested foods, such as biscuits, toast, bananas, rice, cooked cereal, apple sauce, and chicken without skin.
• Eat smaller, more frequent meals.
• Avoid fatty, spicy or fried foods.

For cough:
• Some doctors advise rotating between acetaminophen (paracetamol) and aspirin and ibuprofen to allow slightly more frequent dosing when the temperature does not respond easily to one drug.
• Give 2 – 5 ml of corn syrup for a cough suppressant containing dextromethorphan.
• If the child is over 8 years old, offer hard candy or sugary cough drops.
• Avoid juice if the child is less than 4 months old.
• For coughing spasm:
  • If the child is over 1 year old, 2 – 5 ml of corn syrup may be given to help thin secretions and loosen cough.
  • Avoid exposure to smoke, cigarettes, pipes, cigars, and wood burning stoves.

For fever or mild pain:
• Use an over-the-counter medication such as acetaminophen (paracetamol), ibuprofen, or aspirin in children. However, if not licensed for pediatric use in the United States.
• If antiviral drugs are available (eg. Tamiflu®), patients should be given medical care within 48 hours of first developing the symptoms, sooner if possible.
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• Antibiotics are not effective against viral infections such as influenza. The goal of influenza treatment is symptom relief and antiviral medications can be helpful if started within 48 hours of the first symptoms. These do not cure influenza, but may lessen the duration and severity of symptoms.

When to Contact a Doctor or Clinic

A person with influenza should contact a doctor or clinic:
• If antiviral drugs may be available (best taken in first 48 hours of the illness)
• If illness becomes worse after the fifth day of symptoms
• If breathing is difficult or coughing up yellow / green phlegm
• If experiencing severe or persistent vomiting
• If fever is high or prolonged

For children, in addition to the above criteria, contact a doctor or clinic if:
• The child is getting worse
• The child has other chronic illnesses, such as asthma or diabetes

Table 1.1

<table>
<thead>
<tr>
<th>Weight (kgs)</th>
<th>Recommended dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 – 15</td>
<td>30 mg for 1 – 3 days</td>
</tr>
<tr>
<td>15 – 23</td>
<td>45 mg for 3 days</td>
</tr>
<tr>
<td>23 – 30</td>
<td>60 mg for 3 days</td>
</tr>
<tr>
<td>&gt;30</td>
<td>75 mg for 3 days</td>
</tr>
</tbody>
</table>

Table 1.2

<table>
<thead>
<tr>
<th>Weight (kgs)</th>
<th>Recommended dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 – 10 mg/kg</td>
<td>15 mg/kg for 10 days*</td>
</tr>
</tbody>
</table>

*For children under 6 months, ibuprofen is not recommended. If the child is small or large for their age, give appropriate doses. For children 6 months to 12 years of age, give the recommended dose for their weight. Tablets should be administered in any 24 hour period, up to a maximum of 4 grams total dose, not recommended without doctor approval. For more than 4 grams total dose, administer in any 24 hour period. For children over 12 years of age, the equivalent of 60 mg of ibuprofen may be used. Ibuprofen should not be administered to children for more than 48 hours without seeking medical review.