INFLUENZA

What is Influenza?

Influenza, also widely known as the flu, is a respiratory illness caused by influenza viruses. These viruses spread mainly through:

- Respiratory droplets (from sneezing and coughing)
- Nasal secretions (such as mucus)
- Contact with contaminated surfaces

Influenza may result in pneumonia, hospitalisation or even death, especially if you have a weakened immune system.

What are the Symptoms?

- Fever
- Headaches
- Fatigue
- Chills
- Cough
- Runny or stuffy nose

Am I at Risk?

You may be at risk of influenza if you are:
- Aged 60 and above
- A person with pre-existing medical conditions such as chronic lung or heart disorders
- Pregnant
- A resident of long-term care facilities

How Can I Be Treated?

You can recover on your own with enough fluid (e.g. water) intake and rest.

In severe cases, you might need specific medication (antivirals) to help treat your virus infection.
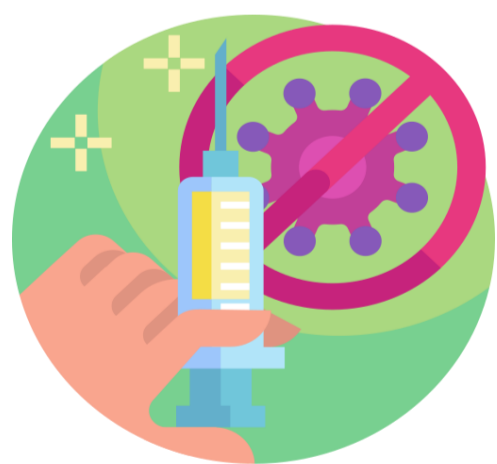
How Can I Protect Myself from Influenza?

The best way is by getting an influenza vaccination each year. If you are Singaporean and eligible, you can use **up to $500 a year** from your Medisave* to pay for vaccines.

*You can ask our staff for more information on Medisave!

You can also protect yourself by:

✔ Washing hands frequently with soap and water

✔ Covering nose and mouth when coughing or sneezing

✔ Using a serving spoon when sharing food during meal times