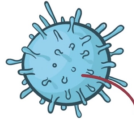


# 1 INFLUENZA (FLU)



caused by 8 INFLUENZA VIRUS



- HIGH FEVER
- RUNNY NOSE
- SORE THROAT
- MUSCLE PAINS
- HEADACHES
- COUGHING
- SNEEZING
- FEELING TIRED

almost every one has had it at some point

2 it usually improves within a week but occasionally someone could go from being completely healthy to being seriously ill - requiring hospitalisation or even care in the ICU



3

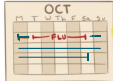
and sends thousands of virus-containing droplets into the local air

Flu spreads when someone sneezes or coughs

these viruses spread and die off or another flu's rate of survival



\* CAN SURVIVE HOURS in the ENVIRONMENT \*



-CONTAGIOUS 1 DAY BEFORE their symptoms even begin  
-and up to two weeks afterwards, even after they feel so much better

# 4 VACCINATION

which can be done as:



1 - injection



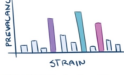
2 - Nasal spray

note: 8 because flu viruses mutate rapidly these vaccines are up dated twice a year



which is usually contain mix of three or influenza virus strains that are

WEAKENED or INACTIVATED



\* PREDICTED to be the ones that will DOMINATE for a specific season

the most effective way to prevent influenza

how well do they work? it depends

First 8

(high Risk Individuals) MORE SUSCEPTIBLE Despite being vaccinated



PREGNANT



CHRONIC HEALTH CONDITION



<6 MONTHS



>65

7



So for any given year you might dread that your risk of being flu is quite low anyway! So its not worth getting the vaccine!

2016-2017

FLU VACCINE PREVENTED:  
- 5.3 MILLION CASES OF FLU  
- 2.6 MILLION MEDICAL VISITS  
- 85,000 HOSPITALIZATIONS

3 - DECREASES CHANCES OF PASSING the FLU to SOMEONE ELSE

In the US



8

Therefore, the more people in the community that are vaccinated against flu, the fewer people will contract and spread the flu. by this we could protect those that can't get vaccinated. the herd is protecting the weakest members.

HERD IMMUNITY



like infants > 6 months

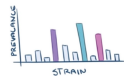
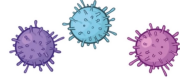
3

6

Second 8 Since vaccines

are BASED ON PREDICTIONS

some years are better than others



On Average vaccine

REDUCES the RISK by HALF

10% → 5%

in the term of being sick over the entire flu season

that means the average many got the flu about



1 OUT OF 10 years



WITHOUT VACCINE



1 OUT OF 20 years



WITH VACCINE

9 to wrap up 8

YEARLY FLU VACCINE is recommended for

EVERYONE OVER 6 MONTHS OLD with only a few exceptions

NOT RECOMMENDED for

- PEOPLE w/ SEVERE EGG ALLERGIES
- HISTORY OF GUILLAIN-BARRÉ

GET VACCINATED BY the END OF OCTOBER

STILL PROVIDES PROTECTION LATER in the SEASON. So you are not covered for not being vaccinated.



Since flu season generally begins in the fall and peaks in the winter its a good idea to

بداية فصل الخريف قبل ان يبدأ موسم انفلونزا