

Check your facts about influenza and what WHO says



Influenza vaccines are safe and the principal measure for preventing influenza and reducing the impact of epidemics.



WHO recommends that health care workers and people who are most at risk of developing serious complications from influenza infection be vaccinated every year before the season begins.

WHO recommends good health habits like covering your mouth and nose with a tissue when coughing and washing your hands often, to stop the spread of germs and prevent respiratory illnesses like the flu.



Influenza can spread quickly when an infected person coughs or sneezes, dispersing droplets of the virus into the air. It can also be spread by hands or surfaces contaminated by the virus.



WHO recommends people with mild symptoms stay at home and rest, drink plenty of water, eat nutritious food and avoid contact with others. If your symptoms deteriorate, seek medical advice.



Most people with influenza have mild illness and do not need medical care or antiviral drugs.

WHO recommends treatment with oseltamivir of severe illness due to influenza virus infection in critically ill hospitalized patients.



People who are very sick with influenza can be treated with influenza-specific antivirals, not with antibiotics that treat bacterial infections.

