

HOW TO PROTECT YOURSELF FROM INFLUENZA?

THE BEST MEANS OF PROTECTION AGAINST INFLUENZA IS VACCINATION!

During vaccination, your body receives an injection of weakened or inactive parts of a virus, which are not capable of procreating and causing the disease. In the body, vaccination stimulates the production of protective antibodies. If influenza enters the body, the antibodies neutralize it. Thus, a person is either not expected to get sick or to have a mild form of the illness.

WHO NEEDS A FLU VACCINATION?

IT IS RECOMMENDED THAT EVERYONE GET VACCINATED, BUT ESPECIALLY THE FOLLOWING:

groups at high risk for developing adverse effects from influenza:

- children under 2 years old;
- elderly people;
- people with chronic diseases.

groups at high risk for getting an influenza infection:

- medical staff;
- professionals in the fields of education, culture and public services;
- school and college students, etc.

WHY IT IS NECESSARY TO GET AN INFLUENZA VACCINATION EACH YEAR

Influenza viruses exhibit high variability. This is why the immune response formed last year may be ineffective in the present year.

HOW DO THEY KNOW WHICH TYPE OF INFLUENZA VIRUS IS ACTIVE THIS YEAR?

The global network for controlling the circulation of influenza viruses draws up a prognosis of which type of influenza virus will be relevant during the next epidemiological season, and provides recommendations on the production of vaccines.

CAN VACCINES CAUSE INFLUENZA?

Modern day vaccines ("Grippol", "Sovigrip" etc.) do not contain influenza viruses. The basis of the vaccine contains killed virus particles combined with a substance that increases the immune response in the body. Such viral fragments are not capable of reproduction; they only contain antigens necessary to induce the production of specific antibodies against a specific influenza virus. This is why vaccinations can never cause influenza.

HOW CAN I IMPROVE MY BODY'S IMMUNE SYSTEM?

MAINTAIN A HEALTHY LIFESTYLE



Balanced diet



Physical activity



Sufficient and proper sleep



Positive attitude

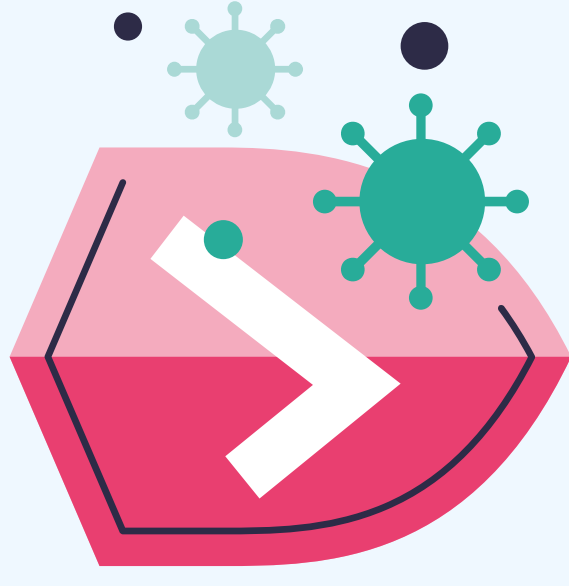
ADDITIONAL MEASURES FOR PROTECTING AGAINST INFLUENZA:

- avoid crowded places;
- regular outdoor activities;
- follow respiratory hygiene;
- wear a face mask in public spaces;
- regularly wash hands with soap.

VACCINATE YOURSELF BEFORE THE START OF THE EPIDEMIC! THE IMMUNE RESPONSE FORMS 3-4 WEEKS AFTER VACCINATION.

GET VACCINATED — PROTECT YOURSELF, YOUR COLLEAGUES AND YOUR RELATIVES!

VACCINATION —
THE BEST MEANS
OF PROTECTION
AGAINST INFLUENZA



WHAT IS INFLUENZA?

Influenza is an acute viral illness affecting the respiratory system, the nervous system, the cardio-vascular system and other systems of the body.

WHAT IS THE DANGER OF INFLUENZA?

- causes complications;
- leads to exacerbation and/or decompensation of chronic diseases;
- can cause fatal outcomes.

COMPLICATIONS OF INFLUENZA

LARYNGITIS/ TRACHEITIS

hoarse voice,
shortness of breath

MAXILLARY SINUSITIS

strong nasal
congestion,
suppurative
nasal
discharge,
headache

BRONCHITIS PNEUMONIA

strong coughing,
crackles heard
when breathing

PYELONEPHRITIS

pain located in
the lower back

INFECTIOUS LESIONS OF THE CENTRAL NERVOUS SYSTEM

seizures

TONSILLITIS

throat
pain when
swallowing

MYOCARDITIS

chest pain

OTITIS EUSTACHITIS

earache,
decreased
hearing

MYOSITIS

muscle pain

A PERSON WITH THE FLU, SHOULD DO THE FOLLOWING

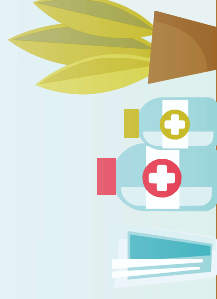
stay home and
remain on bed
rest

follow all physi-
cian recommen-
dations

when coughing
or sneezing,
cover mouth
with a tissue

drink plenty of
fluids

take prescribed
medications in
a timely manner



RECOMMEN- DATIONS TO PERSONS CARING FOR FLU PATIENTS

isolate the sick
person from
other family
members
(if possible, in
a separate
room)

when caring for
the flu patient,
use face masks
(gauze mask)

on a regular
basis, clean
the rooms
and contact
surfaces using
disinfectants

provide the sick
person with
individual towels

regularly air out
the room where
the sick person is
located