

INFLUENZA (FLU) ADVISORY

Office of the Registrar
DEPARTMENT OF STUDENT SUPPORT SERVICES, UNICLINIC

Fiji's Influenza season is already underway and will end by **May** or **June**. Influenza (Flu) is caused by Influenza viruses which have many different strains that change from year to year. Some mild symptoms like running nose, sneezing, cough, or sore throat may be similar to the common cold. Influenza (Flu) is not the same as the common cold.

How is it Spread?

The flu is transmitted through tiny airborne droplets when an infected person sneezes or coughs. You can also contract the flu if you have direct contact or touch a surface or object that has flu virus on it and then touch your face, mouth, nose or eyes.

Prevention Measures

- ▶ These are the same as for COVID.
- ▶ **Wear a mask** that covers the nose and mouth when in a public or crowded space
- ▶ **Wash your hands frequently** with soap and water or use an alcohol based hand sanitizer.
- ▶ Cover your nose and mouth when you cough or sneeze
- ▶ Stay at home if you are sick.

Symptoms

- ▶ Fever
- ▶ Cough
- ▶ Sore throat
- ▶ Muscle/Body aches
- ▶ Fatigue
- ▶ Nasal congestion
- ▶ Sneezing

While most people will recover in 7-10 days, some can develop more serious illness that will require hospitalization.

Visit your **UniClinic** or nearest **Health Facility**:

- To receive the necessary medical attention and medications
- If you have severe symptoms such as difficulty breathing, chest discomfort or any other symptoms of concern that is not improving with your current medications