

HEALTH AND SAFETY TALKS



Influenza – Flu

Influenza, commonly known as the flu, is a contagious viral infection that affects the respiratory system, including the nose, throat, and lungs. It spreads mainly through droplets when an infected person coughs, sneezes, or talks, and can also spread by touching contaminated surfaces and then touching the face.

Symptoms often include fever, cough, sore throat, body aches, fatigue, and sometimes more serious complications, especially in young children, older adults, or people with weakened immune systems. Preventing influenza involves several key actions: getting an annual flu vaccination (the most effective protection), practicing good hand hygiene by washing hands regularly with soap and water or using hand sanitizer, avoiding close contact with sick individuals, covering the mouth and nose when coughing or sneezing, and staying home when feeling unwell to limit the spread. Maintaining a healthy lifestyle, such as eating a balanced diet, getting enough sleep, and exercising, can also help strengthen the immune system and reduce the risk of infection.

Symptoms



High fever



Runny nose



Headaches



Cough



Muscle and joint pain

Action to take in case of symptoms:



If you think that you have influenza, visit your nearest health facility and follow the medical advice of your doctor.

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ASPASA

Small surface mine association

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SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

Seasonal influenza

Information for older adults and the general public



Source of infection

Direct contact with a person with influenza. It is an airborne disease that involves droplets which spread through coughing, sneezing or talking to an infected person.

Risk & prevention

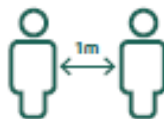
Older adults, pregnant women, individuals with underlying health conditions and children are at high risk of developing life-threatening conditions from seasonal influenza. They can protect themselves and others by:



Taking an annual influenza shot



Wearing a mask



Keeping a safe distance



Sneezing or coughing into a folded arm



Regularly washing hands with soap



Avoiding crowded and non-ventilated places



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