

Each year, between **290,000** and **650,000** people die from flu-related **RESPIRATORY CAUSES**.



The Flu (influenza) is a **VIRAL INFECTION** that primarily affects the nose, throat, bronchi and occasionally the lungs.

Most people recover in one to two weeks without the need for medical treatment.

However, for **CHILDREN, PREGNANT WOMEN, OLDER ADULTS,** and **PEOPLE WITH SUBJACENT ILLNESSES**, the flu can lead to serious complications, cause pneumonia or result in death.

The virus is **EASILY TRANSMITTED** from person to person by droplets and small particles expelled by coughing or sneezing at distances of less than 1 meter.

Influenza usually spreads rapidly in **SEASONAL EPIDEMICS**.



**ANNUAL VACCINATION IS THE MOST EFFECTIVE AND SAFEST WAY TO PROTECT** against influenza and serious complications in at-risk groups.

**1 DOSE EACH YEAR AT THE BEGINNING OF THE FLU SEASON FOR**

- Pregnant women, throughout pregnancy
- Older adults
- People with underlying illnesses
- Health care workers

**2 DOSES** at least 4 weeks apart for **CHILDREN FROM 6 MONTHS OF AGE**.