

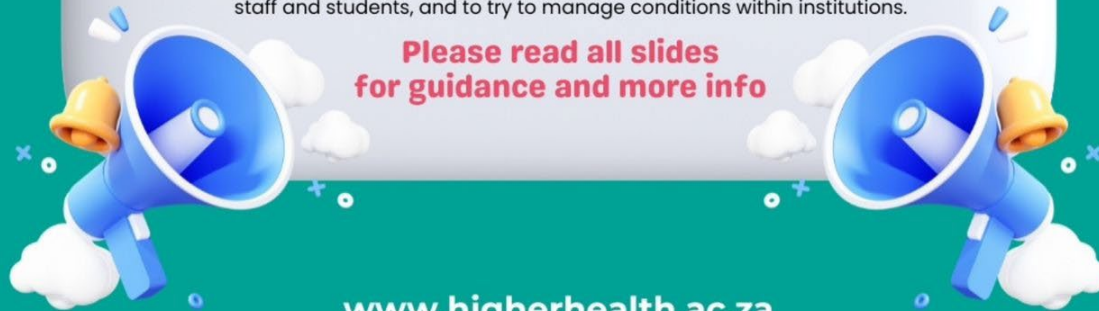


IMPORTANT ANNOUNCEMENT FROM HIGHER HEALTH ON **FLU SEASON**

Regarding a spike in the number of cases of students on campuses presenting with flu-like symptoms. Several institutions have reached out for guidance and some information that can be shared with staff and students.

Because of the nature of airborne viruses such as influenza, swine flu and Covid 19 among others, infections spread rapidly from student to student in congregation on campuses, who are in close proximity to one another. Higher Health compiled a circular in collaboration with the National Institute of Communicable Diseases (NICD), which aims to provide some basic information about the current spike in infections in an effort to minimise panic among staff and students, and to try to manage conditions within institutions.

**Please read all slides
for guidance and more info**



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According to the NICD, the 2024 influenza season began around 22 April 2024. The majority of people with influenza will present with mild illness, usually resolving within 3-7 days.



PLEASE NOTE: Influenza may cause severe illness leading to hospitalisation or possibly death, especially among those who are at risk of severe influenza illness or complications. High-risk groups include pregnant women, individuals living with HIV, those with chronic conditions such as diabetes, lung disease, tuberculosis, heart disease, renal disease, and obesity, older individuals (aged 65) and young children. These groups should be encouraged to seek medical help early.

Typical symptoms include: fever, malaise; headache; runny nose; sneezing; reduced sense of smell; metallic taste in the mouth; chills; and cough.



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**The Influenza vaccination
is recommended to protect
against infection
and severe illness**



Ideally the influenza vaccine should be administered prior to the start of the influenza season because it takes about 2 weeks for antibodies to develop following vaccination. However, it is never too late to vaccinate. Individuals at risk for severe illness are strongly encouraged to seek the influenza vaccine from either a public health clinic or privately through general practitioners and pharmacies.

**Receiving the vaccine can reduce visits to clinics or doctor's offices,
absenteeism from work and school due to influenza illness, as well as
prevent influenza-related hospitalizations.**



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To minimise the transmission of seasonal influenza the following non-pharmaceutical measures can be applied:



Avoid close contact with sick individuals, practice proper hygiene including frequent hand washing, avoid touching the mouth, eyes, and nose, and covering coughs and sneezes (preferably into your elbow or a tissue, which should be promptly disposed of away from others). Also, ensure proper ventilation in classrooms and offices.

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