



**UMS**  
UNIVERSITI MALAYSIA SABAH

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HOSPITAL UNIVERSITI MALAYSIA SABAH

# PHARMACY BULLETIN 2023 EDITION

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## SEASONAL INFLUENZA

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# WHAT IS SEASONAL INFLUENZA?

An acute respiratory infection caused by Type A and B influenza viruses which circulate in all parts of the world.

## SOURCE OF INFECTION

- An airborne disease.
- Transmission through droplet from coughing, sneezing or talking to an infected person.
- Direct contact with a person with influenza.

## SYMPTOMS OF INFLUENZA



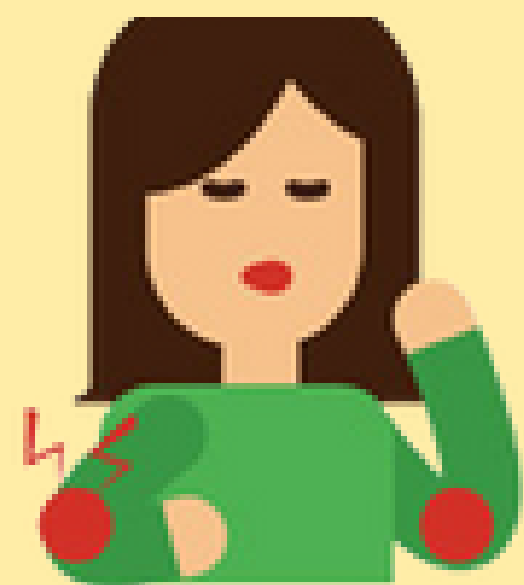
COUGH



SORE  
THROAT



FEVER



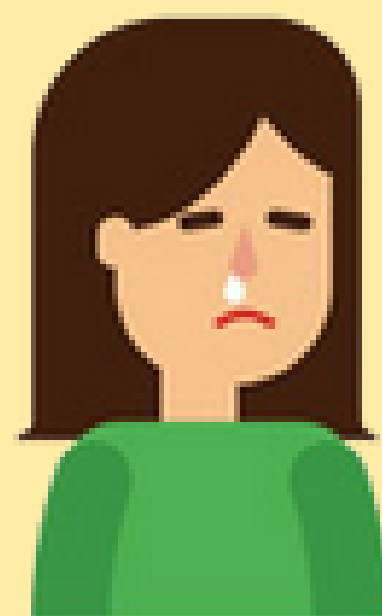
BODY  
ACHES



HEADACHE



FATIGUE



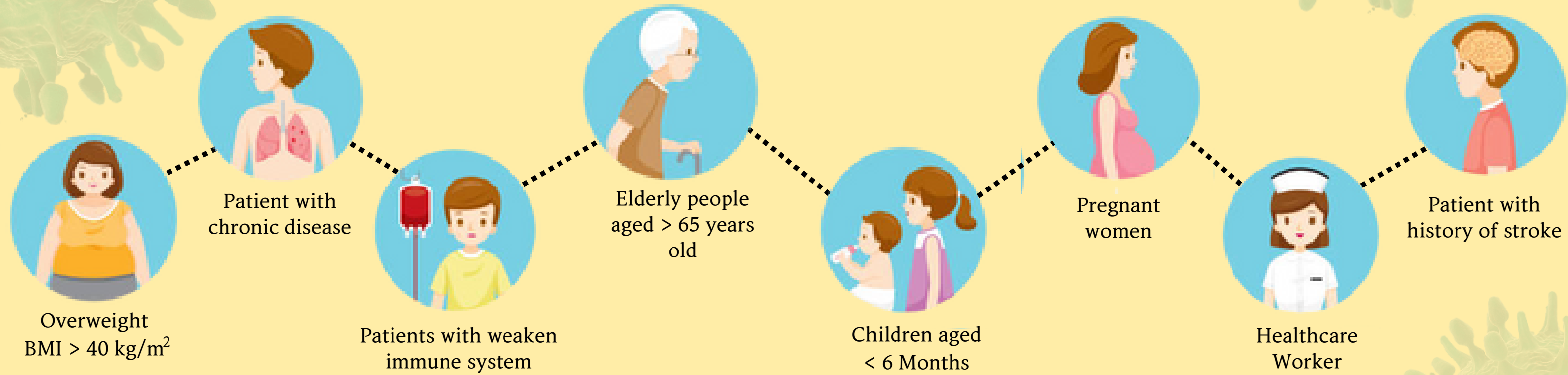
RUNNY/  
STUFFY NOSE



VOMITING



## HIGH-RISK GROUP



## P R E V E N T I O N

### PERSONAL PROTECTIVE MEASURE



*Regular hand  
washing*



*Cough and Sneeze  
etiquette*



*Early self-isolation  
if unwell*



*Avoid close contact  
with sick people*

### VACCINATION

Protects from 4 influenza strains:

- 2 strains of influenza type A
- 2 strains of influenza type B

Effectiveness:

- Develop antibody within 2 weeks after shot.
- Maximum immunity 1-2 months after shot and gradually declines.

Optimum time taken:

- From September onwards every year as the new virus variant emerge constantly.

Medication safety:

- Safe for people with asthma.
- Most people experience little to no reaction to the shot.
- Common side effects are swollen, redness and pain at the shot area.

INFLUENZA  
QUADRIVALENT  
VACCINE



### Fun Fact

You need your new  
influenza shot every  
year!





# MANAGEMENT

## SYMPTOMATIC RELIEF

Cough & cold:  
Loratadine  
Diphenhydramine

Fever & body ache:  
Paracetamol  
Ibuprofen

## ANTIVIRAL DRUG

### Oseltamivir (Tamiflu)

- First line of treatment
- Treatment of uncomplicated influenza for patients > 1 years old with symptoms within 48 hours.
- Strength available:
- Oseltamivir 60mg/5ml oral suspension and oseltamivir 75mg capsule

### Zanamavir

- Treatment of uncomplicated influenza in patients > 5 years old with symptoms within 48 hours.
- Strength available:
- Zanamavir 5mg/dose inhalation disk.

***\*Please consult your doctor for influenza treatment***

**NO ANTIBIOTIC NEEDED  
FOR INFLUENZA  
INFECTION !**

## REFERENCES

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