



حصّن نفسك احمِ

Protect yourself مجتمعتك
protect your community

Learn More About Seasonal Influenza for Healthier Children

September 2025



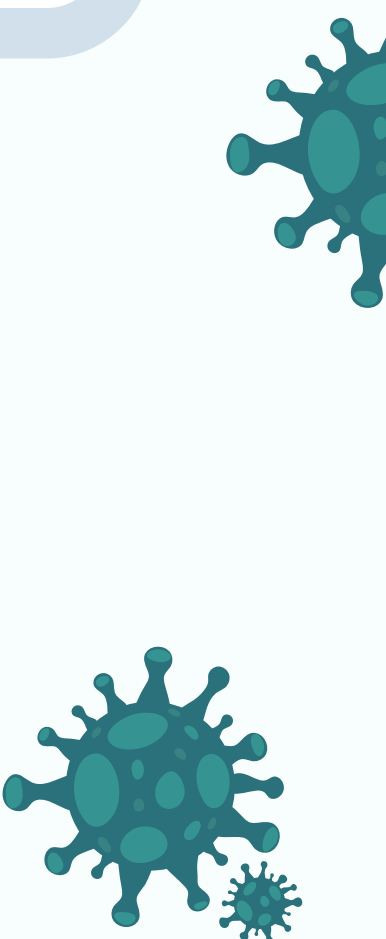


Introduction

The spread of some diseases such as cold, seasonal influenza, throat infections, intestinal diseases is high between children, which emphasizes the importance of taking precautionary measures.

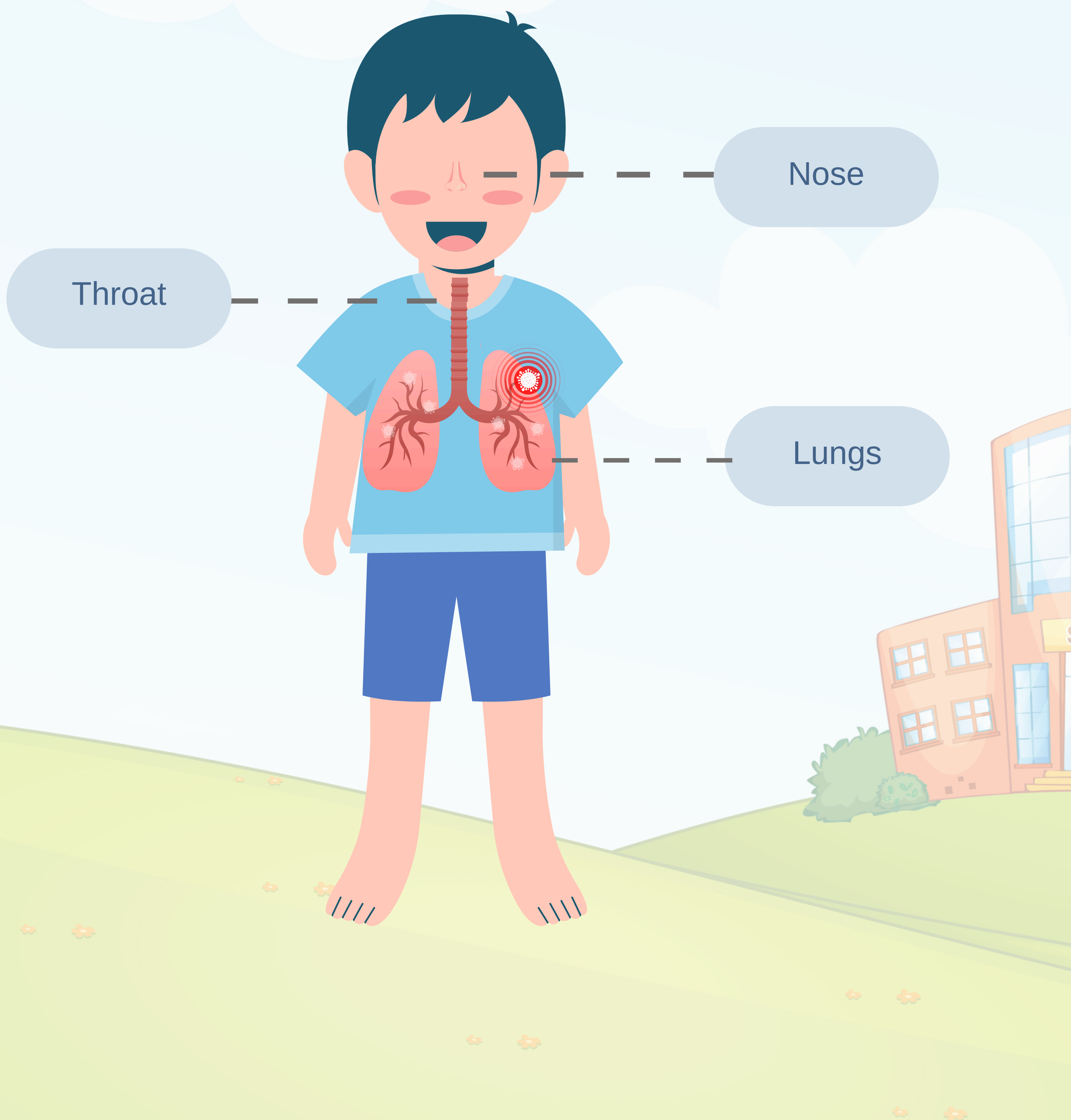
You can prevent these diseases and protect yourself and your child by following preventive and precautionary measures.

Obtaining the necessary vaccinations may also help prevent the spread of some diseases among children and adults.



What is seasonal Influenza?

Seasonal influenza is an acute, contagious respiratory infection caused by influenza viruses. Cases of infection increase in specific seasons, such as winter. Influenza mainly affects:



What are the signs and symptoms of seasonal Influenza?

Seasonal influenza symptoms range from mild to severe and usually disappear within a week without any medical intervention. On the other hand, it can cause severe illness that requires treatment in health facilities.

Influenza symptoms include:



Sore Throat



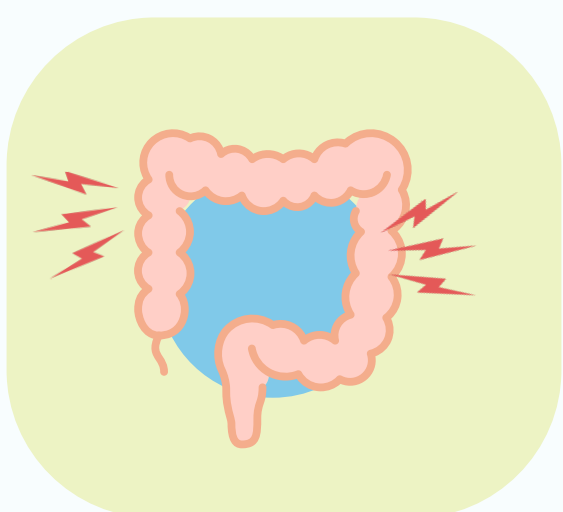
Fever



Cough



Headache



Vomiting and
Diarrhea



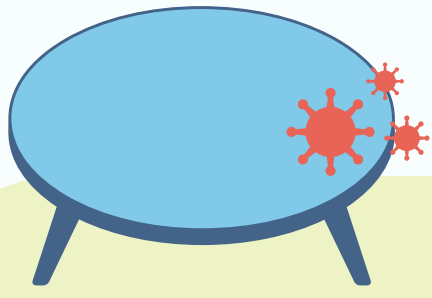
Muscle and Joint
Pain



Runny Nose

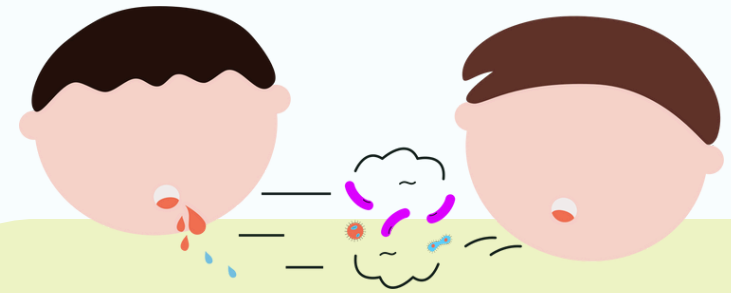
What are the methods of transmission of seasonal Influenza?

Seasonal influenza spreads easily in crowded places such as schools, nursing homes and other public places through:



Indirect transmission

Through touching hands or a surface or an object that is contaminated by droplets of an infected person, then touching the mouth, nose or eyes.



Direct transmission

Through droplets when coughing, sneezing or talking to an infected person.

Who is at high risk for catching flu and its complications?



Healthcare Providers



Pregnant women



Children below the age of 5



Elderly



Patients with chronic diseases

Prevention of Influenza:



Avoid touching eyes,
nose, and mouth



Follow cough and
sneeze etiquettes



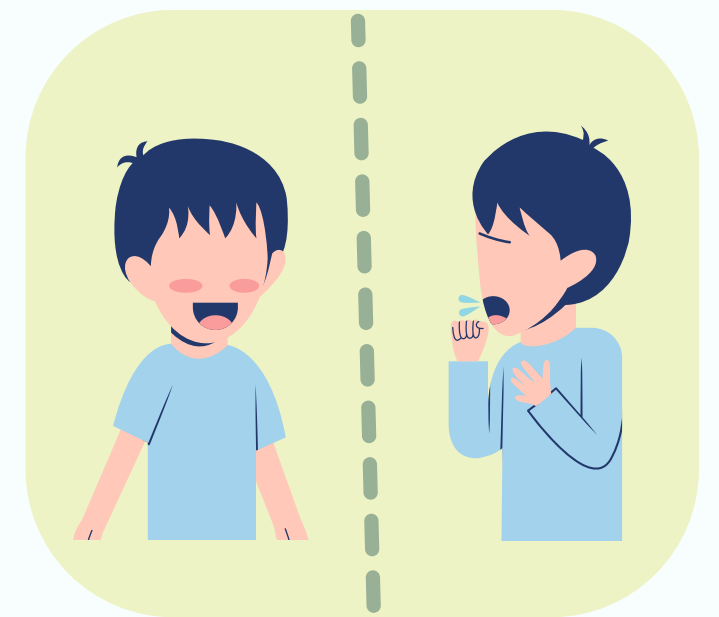
Getting the flu vaccine for
those who are 6 months
and above



Frequent cleaning
and sanitization of
surfaces and used
equipment



Frequent hand
sanitizing and
washing



Avoid close contact
with infected
individuals



Do not send children who
have the flu or cold to
school



Make sure to adhere
to the necessary
vaccination doses



Children who show
symptoms are advised
to go to the school
clinic for consultation

Healthy habits:

Sanitary measures and healthy habits are considered an important part of preventing the spread of the disease. Here are some measures that can be followed to promote the health and safety of the children and school community.



Encourage eating nutritional balanced meals that includes variety of healthy food options such as fruits and vegetables, proteins, whole grains, and dairy.



Encourage children to engage in physical activity through their participation in physical education classes, playing a sport they enjoy, and being active during recess time.



Promote the mental wellbeing of children by providing support where needed as a healthy mind contributes in strengthening their immune system.



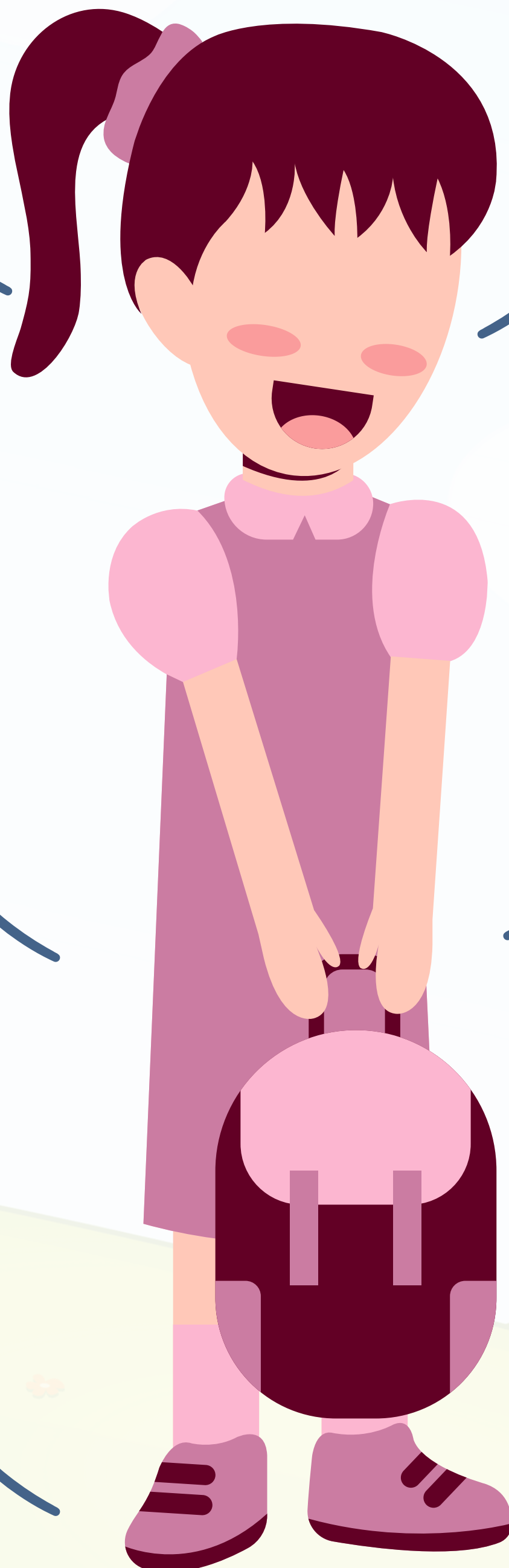
Increase fluid intake. Choose healthy options such as water and milk instead of soft drinks and sweetened drinks.



Limit intake of sugar and processed foods such as foods that contain high amounts of sugar, soft drinks, and fast food.



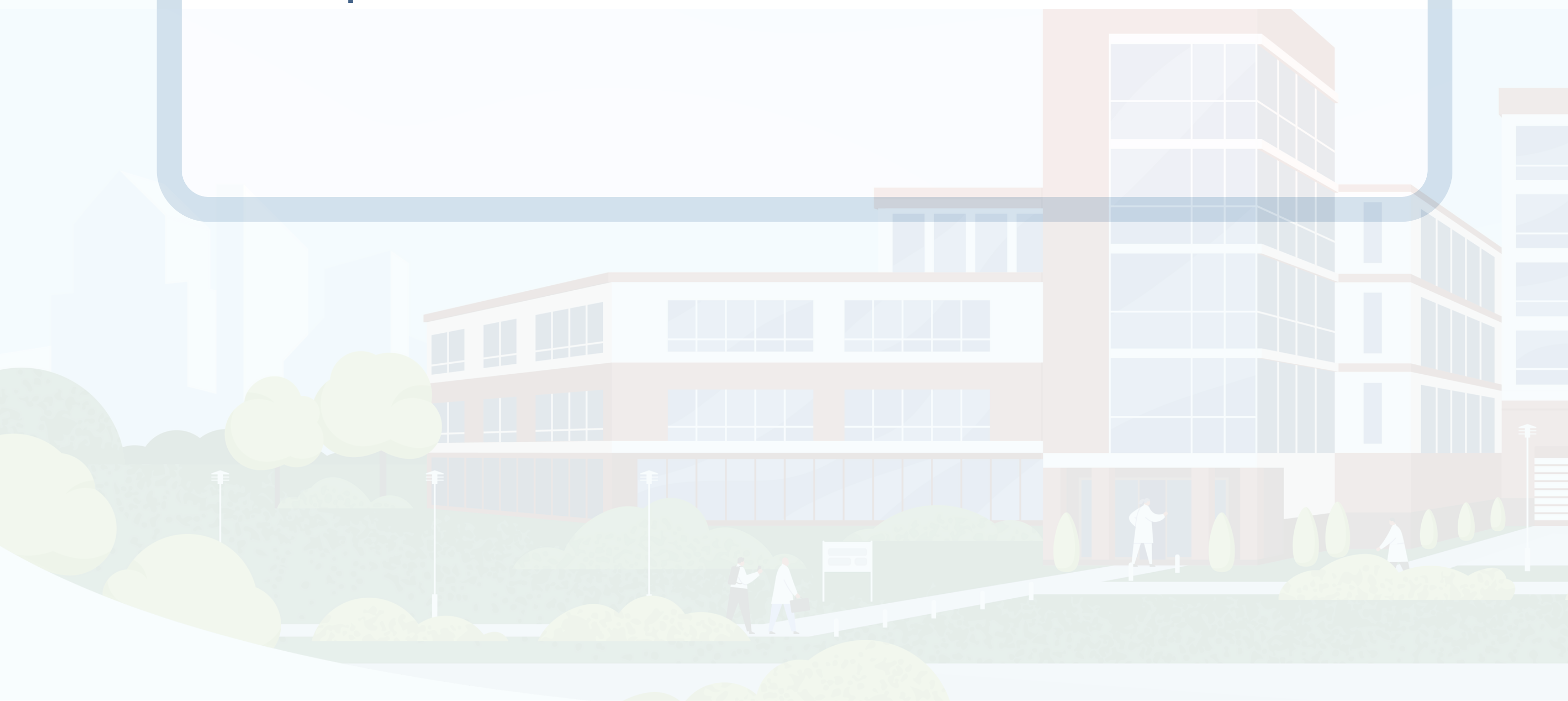
Ensure that the sleep routine is organized, as high quality sleep helps boost the immune system and prevent diseases.



Conclusion

To ensure the continuity of productivity and academic achievement, reduction of absenteeism among children and adults' from school/work and spread of the disease, we advise you to go to one of the Emirates Health Services facilities to get the flu vaccination for you and your child.

By getting vaccinated, you are protecting yourself and your family, community and loved ones, including high risk groups from disease and its complications.



Stay Healthy