

# It started with a cough in the summer of 1918

In the next 120 days, nearly 22 million people around the world would die in one of the worst epidemics in modern times.



## INFLUENZA THE S STORY

**S**ymptoms – cough, fever, chills, sore throat, headache, muscle aches and tiredness

**S**preads easily through coughing and sneezing or direct contact with contaminated surfaces

**S**top it in its tracks with excellent hand hygiene and droplet precautions

**S**erious respiratory disease caused by the Influenza virus occurs particularly in the elderly, children, infants and those with long term medical conditions such as heart or lung problems

**S**hot – the flu shot provides protection against serious complications with immunity developing about 2 weeks after the injection. Safe for pregnant women & those breast feeding.