

INFLUENZA AWARENESS

KNOW THE RISKS, PREVENT THE SPREAD,
AND PROTECT YOURSELF



1 WHAT IS INFLUENZA?

Influenza is an acute respiratory tract infection caused by influenza viruses, mainly type A and B, which spread through respiratory droplets when an infected person coughs, sneezes, or talks.



According to the Indonesian Ministry of Health (week 38, September 2026), **Influenza A (H1N1; subtype: pdm09)** is the dominant subtype in Indonesia and also globally.

2 HOW IT SPREADS

The virus can spread through:



Respiratory droplets when an infected person coughs, sneezes, or talks, especially in close contact or in enclosed spaces.



Contaminated hands that then touch the eyes, nose, or mouth.

3 CURRENT SITUATION IN INDONESIA

Based on the Sentinel Surveillance for Influenza-Like Illness (ILI) and Severe Acute Respiratory Infection (SARI) by the Indonesian Ministry of Health, influenza activity in Indonesia has increased during August-September 2026. The Ministry of Health stated that this increase is still within the expected seasonal pattern for influenza in Indonesia.



The transition from the dry season to the rainy season and high mobility can increase the risk of influenza transmission.

4 SYMPTOMS OF INFLUENZA

Symptoms usually appear suddenly, about 1-4 days after infection, and may include:



High fever or fever/chills



Muscle and joint pain



Fatigue and body aches



Headache



Sore throat



Cough (usually dry cough)



Runny nose or nasal congestion



Nausea or diarrhea (in some people)

5 HIGH-RISK GROUPS

The following groups are more vulnerable to influenza and may experience serious conditions:



Young children



Older adults



Pregnant women



People with chronic diseases / comorbidities



People with weakened immune systems

6 PREVENTION MEASURES

Take the following steps to prevent transmission and reduce the risk of influenza:



1 Maintain hand hygiene by washing hands with soap and water or using hand sanitizer.



2 Wear a mask when experiencing influenza symptoms, in crowded areas, or when traveling.



3 Practice cough and sneeze etiquette by covering your mouth and nose with a tissue or your inner elbow.



4 Avoid close contact with people who have influenza symptoms.



5 Do not share eating utensils, drinks, or personal items that may transmit the virus.



6 Maintain a strong immune system by getting enough sleep, eating nutritious food, drinking enough water, and exercising regularly.



7 Report to your supervisor and seek medical attention if you experience influenza symptoms, especially fever, cough, or respiratory problems.



8 Get adequate rest to support recovery and prevent transmission to others.



9 Do not ignore worsening symptoms, especially shortness of breath, sudden and persistent high fever, or a progressively weaker condition.



10 Consider annual influenza vaccination to reduce the risk of influenza, especially for high-risk groups.

7 REFERENCES

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