



THE 'COLD' THAT NEARLY STOLE HER BREATH

NEVER UNDERESTIMATE THE DANGER THAT FLU
POSES TO CHILDREN, EVEN IN TIMES OF COVID-19.

'SELESEMA' YANG HAMPIR MERAGUT NYAWANYA

KETIKA MASIH DALAM COVID-19, JANGAN SESEKALI MEMANDANG REMEH
TENTANG BAHAYA FLU KEPADA KANAK-KANAK.

‘伤风’几乎夺走她最后一口气

即使是新冠肺炎疫情期间，都不应低估流感对儿童的危害。

FLU PREVENTION IS AN ACT OF LOVE.

CEGAH FLU TANDA KASIH SEJATI.

预防流感就是爱的表现。

WHAT IS THE DIFFERENCE BETWEEN THE COLD, FLU AND COVID-19?

Cold, flu and COVID-19 have similar symptoms,¹ it's better to get vaccinated from the flu as this helps to potentially rule out the flu as the cause.² Generally, colds are harmless while flu and COVID-19 are serious and require medical attention.

So is it the cold, flu or COVID-19? Find out in this chart:

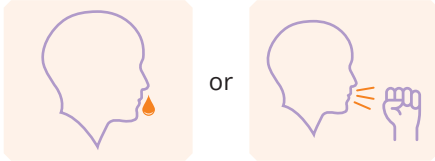


SIGNS & SYMPTOMS	COLD	FLU	COVID-19
Symptom onset	Gradual	Abrupt	Gradual
Cough	Mild to moderate	Dry, may be productive	Dry, lingering
Shortness of breath	Mild	Sometimes	Common
Fever	Rare	Common	Common
Fatigue	Sometimes	Common	Common
Runny nose	Common	Sometimes	Sometimes
Nasal congestion	Common	Sometimes	Sometimes
Diarrhoea	Rare	Sometimes	Sometimes
Body aches	Slight	Common	Sometimes
Sore throat	Common	Sometimes	Sometimes
Headache	Rare	Common	Sometimes
Loss of appetite	Sometimes	Common	Sometimes
Respiratory issues	Sometimes	Sometimes	Common
Chills	Uncommon	Fairly common	Sometimes*
New loss of taste or smell ⁵	Sometimes	Sometimes	Prevalent

*including repeated shaking (rigour) with chills
(chart adapted from Medical News Today)¹

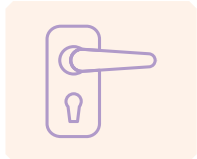
HOW DO CHILDREN GET THE FLU?

Like the COVID-19 virus, the flu virus spreads when an **infected person sneezes or coughs**.^{2,3,4}

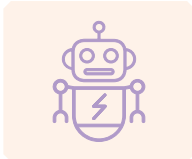


- Children may inhale the droplets into their lungs even **from 6 feet away**.³
- They may also pick up the virus from **contaminated surfaces and objects** (where the droplets have landed) and transfer them by **touching the eyes, mouth or nose**.³

The flu virus can stay for hours on surfaces⁶ such as:⁷



Door Handles



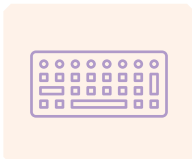
Toys



Books and Stationery



Kiddie Chairs



Keyboards



Phones/Tablets

WHY IS FLU DANGEROUS TO CHILDREN?

When children are infected with the flu, they are at high risk of developing serious complications such as viral pneumonia, multi-organ failure, and invasive bacterial infections.⁷

Flu is particularly dangerous to children below 5 years old as well as those with medical conditions, such as:⁸

- asthma
- neurological & neurodevelopmental conditions
- chronic lung/heart disease
- endocrine and metabolic disorders
- kidney and/or liver disorders



In Malaysia, among children who were hospitalised for flu:⁹

88%

were below 5 years old

36%

had underlying medical conditions

2%

did not survive

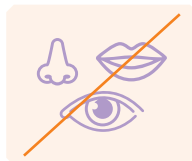
HOW CAN YOUR CHILD AVOID CATCHING THE FLU?

Keep your child away from infected people¹⁰



Wash your child's hands often¹⁰

Teach your child to refrain from touching their eyes, nose and mouth¹⁰



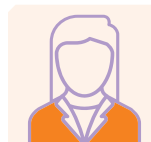
Vaccinate your child against the flu every year¹¹

WHY SHOULD YOU VACCINATE YOUR CHILD?

Here is how flu vaccination benefits your child.



≈ 80% reduction in lower respiratory tract illnesses¹²



≈ 61% fewer parental absences from work¹²



≈ 75% fewer hospitalisations¹²



≈ 77% fewer absences from school¹²

Vaccination also reduces the risk of flu-related deaths by:¹³

61%

among children aged 6 months – 4 years

76%

aged 5–12 years

WHEN SHOULD YOU VACCINATE YOUR CHILD?

The flu season lasts all year round in Malaysia.¹⁴

So, you can vaccinate your child at any time. Vaccinating before the school year starts helps protect your children from catching the flu from their classmates.



WHY DOES YOUR CHILD NEED THE FLU VACCINE EVERY YEAR?

The World Health Organisation recommends annual flu vaccination for children¹¹ because the vaccine is reformulated every year to protect against the constantly mutating flu viruses.¹⁵



GET VACCINATED AGAINST THE FLU EVERY YEAR.

While there is no vaccine yet for COVID-19, there is one for the flu.¹⁵ CDC recommends annual seasonal flu vaccination for everyone 6 months and older.¹⁶

“*Speak to your doctor*”
about flu vaccination for your child
in times of COVID-19

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1. Medical News Today. New coronavirus vs flu. Available at <https://www.medicalnewstoday.com/articles/coronavirus-vs-flu#symptoms>. Last accessed May 2020.
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15. WHO. Q&A: Similarities and differences – COVID-19 and influenza. Available at <https://www.who.int/news-room/q-a-detail/q-a-similarities-and-differences-covid-19-and-influenza>. Last accessed May 2020.
16. CDC. Who is at High Risk for Flu Complications. What Parents Need to Know. Available at <https://www.cdc.gov/flu/highrisk/children.htm>. Last accessed May 2020.

APAKAH PERBEZAAN ANTARA SELESEMA, FLU DAN COVID-19?

Oleh kerana selesema, flu dan COVID-19 mempunyai gejala yang hampir sama,¹ sebaiknya kita dapatkan vaksin untuk flu supaya ia dapat membantu menyingkirkan flu sebagai penyebabnya.² Umumnya, selesema tidak berbahaya, manakala flu dan COVID-19 dianggap serius dan memerlukan rawatan perubatan. **Ingin tahu cara membezakan selesema, flu atau COVID-19?**

Lihat pada carta ini: ⁴

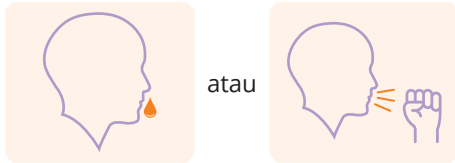


TANDA & GEJALA	SELESEMA	FLU	COVID-19
Gejala Awal	Berperingkat	Mendadak	Berperingkat
Batuk	Ringan hingga sederhana	Kering, mungkin berkahak	Kering, berlarutan
Sesak Nafas	Ringan	Kadang-kadang	Sering
Demam	Jarang	Sering	Sering
Keletihan	Kadang-kadang	Sering	Sering
Hidung Berair	Sering	Kadang-kadang	Kadang-kadang
Hidung Tersumbat	Sering	Kadang-kadang	Kadang-kadang
Cirit-birit	Jarang	Kadang-kadang	Kadang-kadang
Sakit Badan	Sedikit	Sering	Kadang-kadang
Sakit Tekak	Biasa	Kadang-kadang	Kadang-kadang
Sakit Kepala	Jarang	Sering	Kadang-kadang
Hilang Selera Makan	Kadang-kadang	Sering	Kadang-kadang
Masalah Pernafasan	Kadang-kadang	Kadang-kadang	Sering
Rasa Sejuk	Tidak Sering	Agak Sering	Kadang-kadang*
Hilang deria rasa atau bau yang baru ⁵	Kadang-kadang	Kadang-kadang	Lazim

*termasuk menggigit berulang (dasyat) dengan rasa sejuk (carta daripada sumber Medical News Today)¹

BAGAIMANA FLU BOLEH MENJANGKITI KANAK-KANAK?

Sama seperti virus COVID-19, virus flu merebak apabila **orang yang dijangkiti bersin atau batuk.**^{2,3,4}

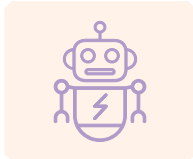


- Kanak-kanak boleh menyedut titisan ke paru-paru mereka walaupun **dari jarak sejauh 6 kaki.**³
- Mereka juga boleh dijangkiti virus dengan **menyentuh permukaan dan objek yang tercemar** (di tempat yang terkena titisan) dan dipindahkan **dengan menyentuh mata, mulut atau hidung.**³

Virus flu mampu kekal berjam-jam di permukaan⁶ seperti:⁷



Tombol Pintu



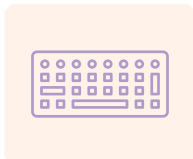
Barang Mainan



Buku & Alat Tulis



Kerusi Kanak-Kanak



Papan Kekunci



Telefon/Tablet

KENAPA FLU BERBAHAYA KEPADA KANAK-KANAK?

Apabila kanak-kanak dijangkiti flu, mereka berisiko tinggi mengalami komplikasi serius seperti virus radang paru-paru, gagal pelbagai organ, dan jangkitan bakteria invasif.⁷

Flu sangat berbahaya kepada kanak-kanak di bawah umur 5 tahun serta mereka yang mempunyai masalah kesihatan, seperti:⁸

- asma
- masalah saraf & perkembangan saraf
- penyakit paru-paru/jantung kronik
- gangguan endokrin dan metabolik
- gangguan buah pinggang dan/atau hati



Di Malaysia, antara kanak-kanak yang dimasukkan ke hospital akibat flu:⁹

88%

berumur di bawah 5 tahun

36%

mempunyai masalah kesihatan kronik

2%

tidak berjaya diselamatkan

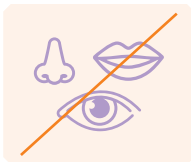
BAGAIMANA ANDA BOLEH MELINDUNGI ANAK ANDA DARIPADA DIJANGKITI FLU?

Jauhkan anak anda daripada mereka yang dijangkiti¹⁰



Kerap membasuh tangan anak anda¹⁰

Ajar anak anda untuk tidak menyentuh mata, hidung dan mulut¹⁰



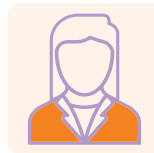
Dapatkan vaksin flu untuk anak anda setiap tahun¹¹

KENAPA ANDA PERLU MEMBERI VAKSIN KEPADA ANAK ANDA?

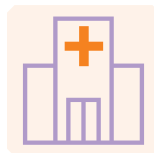
Inilah kelebihan vaksin flu kepada anak anda.



✎ **80% penurunan** masalah saluran pernafasan¹²



✎ **61% kurang** ibu bapa tidak hadir bekerja¹²



✎ **75% kurang** kemasukan ke hospital¹²



✎ **77% kurang** tidak hadir ke sekolah¹²

Vaksinasi juga mengurangkan risiko kematian akibat flu sebanyak:¹³

61%

di kalangan kanak-kanak berumur 6 bulan - 4 tahun

76%

berumur 5 - 12 tahun

BILA ANDA HARUS MENDAPATKAN VAKSIN UNTUK ANAK ANDA?

Jangkitan flu berlaku sepanjang tahun di Malaysia.¹³ Jadi, anda boleh dapatkan vaksin untuk anak anda pada bila-bila masa. Vaksinasi sebelum sesi persekolahan bermula membantu melindungi anak-anak anda daripada terkena jangkitan flu daripada rakan sekelas mereka.

BILA ANDA HARUS MENDAPATKAN VAKSIN UNTUK ANAK ANDA?

Pertubuhan Kesihatan Sedunia (WHO) menyarankan vaksinasi flu tahunan untuk kanak-kanak¹¹ kerana vaksin yang diformulasikan setiap tahun bertujuan untuk melindungi daripada virus flu yang selalu bermutasi.¹⁵



DAPATKAN VAKSIN UNTUK MENCEGAH FLU SETIAP TAHUN.

Walaupun vaksin COVID-19 belum wujud, tetapi sudah ada untuk flu.¹⁵ CDC menyarankan vaksinasi flu tahunan untuk semua yang berumur antara 6 bulan dan ke atas.¹⁶

“Berunding dengan doktor anda”
mengenai vaksinasi flu untuk anak ketika
dalam COVID-19

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伤风、流感和新冠肺炎有何区别？

由于伤风、流感和新冠肺炎都具有几乎相同的症状,¹因此最好接种流感疫苗,这有助于排除患上流感的可能性。²一般来说,伤风无大碍,而流感和新冠肺炎则很严重,需要医疗护理。到底是伤风、流感还是新冠肺炎?请查阅下表一窥全貌:



体征与症状	伤风	流感	新冠肺炎
病发症状	逐渐	突发性	逐渐
咳嗽	轻度至中度	干咳,也可能有痰	干咳,持续性
气促	轻度	偶尔	常见
发烧	很少见	常见	常见
疲累	偶尔	常见	常见
流鼻涕	常见	偶尔	偶尔
鼻塞	常见	偶尔	偶尔
腹泻	很少见	偶尔	偶尔
浑身疼痛	很少见	常见	偶尔
喉咙痛	常见	偶尔	偶尔
头痛	很少见	常见	偶尔
食欲不振	偶尔	常见	偶尔
呼吸问题	偶尔	偶尔	常见
发冷	不常见	较常见	偶尔*
失去味觉与嗅觉 ⁵	偶尔	偶尔	普遍

*包括反复发冷颤抖
(图表摘自 Medical News Today)¹

儿童如何患上流感？

正如新冠肺炎那样，当感染者打喷嚏或咳嗽时，流感病毒就会传播。^{2,3,4}

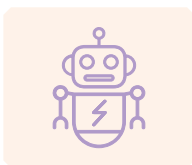


- 即使相隔6尺之距，儿童也可能将飞沫吸入肺部。³
- 他们也可能因触摸某个带流感病毒的表面或物体后再碰触眼睛、嘴巴和鼻子而被感染。³

流感病毒可能在以下表面⁶上存活长达数小时，如：⁷



门把手



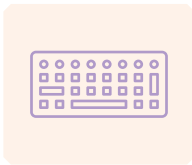
玩具



书籍和文具



儿童椅



键盘



手机/平板电脑

为什么流感对儿童有危险？

当儿童感染了流感，他们即有可能患上严重的并发症，例如病毒性肺炎、多重器官衰竭和侵入性细菌感染。⁷

流感对5岁以下的儿童以及患有以下疾病的儿童特别危险，例如：⁸

- 哮喘
- 脑神经与神经发育状况
- 慢性肺部/心脏疾病
- 内分泌及新陈代谢紊乱
- 肾病与/或肝病



在马来西亚，因流感住院的儿童中：⁹

88%

为5岁以下

36%

同时患有其他
疾病

2%

不能存活

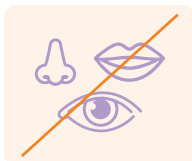
您如何保护您的孩子免受 流感病毒感染？

让您的孩子远离感染者¹⁰



经常洗孩子的手¹⁰

教导您的孩子避免触摸眼睛、
鼻子和嘴巴¹⁰



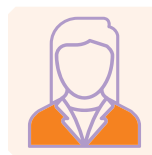
每年让您的孩子接种流感疫苗¹¹

为什么要给您的孩子 接种疫苗？

以下是接种流感疫苗所能给您的孩子带来的好处。



≈80% 减少
下呼吸道疾病¹²



≈61% 更少父母
缺勤¹²



≈75% 更少住院¹²



≈77% 更少
缺课¹²

接种疫苗也将减少流感相关的死亡风险：¹³

61%

于6个月至4岁
的儿童当中

76%

年龄5岁至12岁

何时需给您的孩子 接种疫苗？

马来西亚的流感季节全年持续。¹⁴

所以，您可以随时给您的孩子接种疫苗。在学年开始之前先给您的孩子接种疫苗有助于保护您的孩子，以免从同班同学那里感染到流感。



为什么您的孩子 需要每年接种流感疫苗？

世界卫生组织建议给儿童进行年度流感疫苗接种¹¹ 因为疫苗每年都会重新配制以防止不断变异的流感病毒。¹⁵



每年都接种流感疫苗。

虽然新冠肺炎迄今尚未研发出疫苗，但流感却有疫苗。¹⁵ 世界卫生组织建议每年给儿童接种流感疫苗，尤其是年龄在6个月或以上的儿童。¹⁶

在新冠肺炎疫情期间，
“不妨与您的医生谈谈”
为您的孩子接种流感疫苗

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FLU POP QUIZ / FLU POP KUIZ / 流感常识问答

1

Influenza is an infectious disease caused by bacteria.

Influenza adalah penyakit berjangkit yang disebabkan oleh bakteria.
流感是通过细菌传染的。

True/Betul/对 False/Salah/错

2

Flu is also known as the common cold.

Flu juga dikenali sebagai selesema.
流感亦称作普通伤风。

True/Betul/对 False/Salah/错

3

A person who has the flu can actually spread it even before the onset of symptoms, and remain contagious for up to 5-7 days after becoming sick.

Mereka yang dijangkiti flu mampu menyebarkan jangkitan sebelum gejala dikesan, dan tetap berjangkit selama 5-7 hari setelah jatuh sakit.
得了流感的人实际上甚至会在症状发作之前就传播出去，并且在生病后保持其传染性长达5至7天。

True/Betul/对 False/Salah/错

4

Parents can protect their children by giving them the annual flu vaccination as early as 6 months old.

Ibu bapa boleh melindungi anak mereka dengan memberi mereka vaksinasi flu tahunan seawal usia 6 bulan.
父母最早可以在他们的孩子6个月大时给他们接种年度流感疫苗来保护他们。

True/Betul/对 False/Salah/错

5

Flu can cause mild to serious symptoms. Sometimes, flu can cause complications in children and result in them being hospitalised.

Flu boleh menyebabkan gejala ringan kepada serius. Kadang kala, selesema boleh menyebabkan komplikasi pada kanak-kanak dan mengakibatkan mereka dimasukkan ke hospital.
流感能导致轻度至严重的症状。有时，流感会导致儿童并发症并导致他们住院留医。

True/Betul/对 False/Salah/错

6

In Malaysia, flu season occurs all year round.

Di Malaysia, jangkitan flu berlaku sepanjang tahun.
在马来西亚，流感季节常年发生。

True/Betul/对 False/Salah/错

7

Children can acquire the flu virus from contaminated surfaces and objects and transfer the flu virus by touching their eyes, mouth or nose.

Kanak-kanak boleh terkena virus flu daripada permukaan dan objek yang tercemar dan dipindahkan dengan menyentuh mata, mulut atau hidung mereka.
儿童可以从受污染的表面和物体上得到流感病毒，然后通过触摸眼睛、嘴巴或鼻子来传播流感。

True/Betul/对 False/Salah/错

8

You can protect your child from catching the flu by keeping him/her away from infected people.

Anda dapat mencegah flu daripada anak anda dengan menjauhkan mereka daripada orang yang dijangkiti.
您可以通过让孩子远离感染者而使流感远离他/她。

True/Betul/对 False/Salah/错

9

According to the Centers for Disease Control (CDC), which is the most effective way to prevent the flu?

Menurut Centers for Disease Control (CDC), kaedah manakah paling berkesan untuk mencegah flu?
根据 Centers for Disease Control (CDC)，什么是预防流感最有效的方法？

Washing hands with soap and water
Membasuh tangan dengan sabun dan air
用肥皂和水洗手

Take more vitamin C
Ambil lebih banyak vitamin C
摄取更多维生素C

Get the flu vaccine every year
Dapatkan vaksin flu setiap tahun
每年接种流感疫苗

Sleep for longer hours
Tidur lebih lama
睡更长时间

Answers/Jawapan/答案: 1. True/Betul/对 2. False/Salah/错 3. True/Betul/对
4. True/Betul/对 5. True/Betul/对 6. True/Betul/对 7. True/Betul/对 8. True/Betul/对
9. Get the flu vaccine every year/Dapatkan vaksin flu setiap tahun/每年接种流感疫苗



Scan the above QR code to set your
annual flu vaccination reminder.
Imbas kod QR di atas untuk menetapkan
peringatan vaksinasi flu tahunan anda.
扫描上面的二维码以设定您的
年度流感疫苗接种提醒。



Learn more about influenza vaccination at/
Ketahui vaksinasi influenza dengan lebih lanjut di/
欲知更多有关流感疫苗接种详情, 请浏览

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