



# Ministry of Health & Human Services

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## Update: Influenza A (Flu) Outbreak

July 27, 2022

The Ministry of Health & Human Services (MHHS) would like to inform the public that the current influenza outbreak peaked during the week of July 11 – 17, 2022 and has begun declining. To-date laboratory testing has confirmed influenza A virus in at least 145 patients between June 22 – July 24, 2022. Few co-infections with COVID-19 have been observed. Young children and the elderly account for the majority of severe cases of disease. Since flu-visits still remain above normal levels, the public is advised to continue good hygiene practices to prevent infection and the spread of influenza and COVID-19.

### How to prevent influenza

Both COVID-19 and flu can spread between people who are in close contact (within six feet apart) through droplets containing virus that are expelled when people with the illness (COVID-19 or flu) cough, sneeze, or talk. To avoid infection, wash your hands often and avoid touching your eyes, nose and mouth as these are common pathways for viruses to enter your body. When possible avoid contact with sick people. If you are sick, stay home and wear a mask when around others in order to protect vulnerable members of the community who may be at higher risk for severe disease, including children, the elderly, and those with immuno-compromised health conditions.

### When to seek medical care

People with the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

You should seek medical attention from a healthcare provider if you experience difficulty breathing, shortness of breath, pain/pressure in the chest or abdomen, or severe/persistent vomiting.

If you or your family member is very concerned, please contact your doctor or the Belau National Hospital OPD (488-2555) or the ER (488-2558) for instructions. For emergencies, call 911.

For more information about influenza, please refer to: <https://www.cdc.gov/flu/about/index.html>