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PRESS RELEASE

UPDATE ON THE CURRENT WAVE OF VIRAL INFLUENZA ILLNESS

Kampala - 12 May 2023; The Ministry of Health would like to inform the general public of a wave of viral influenza (flu) illness circulating within the population. This illness is characterized by; a runny nose (usually clear mucous), headache (mainly frontal), and intermittent fevers, dry cough and general body weakness. These may persist for a couple of days before complete reduction.

The commonly affected age groups include; under 5 year old children, school going children and the elderly (60 years and above). About 2% of individuals who get viral influenza may get severe respiratory disease. However, there is no record of any consistent increase in hospitalizations due to influenza.

This trend is consistent with the seasonal influenza pattern that has two annual peaks that coincide with the rainy seasons. These happen in two seasons with two peaks. The first season is February to June, peaking in March while the second season is August to November peaking in September. These peaks are attributed to the virus surviving because of humidity, precipitation (rains) and high populations interactions in urban areas. The Ministry of Health appeals to all symptomatic individuals to seek clinical care from the nearest health facility. This may include; testing for COVID-19 and checking for Malaria e.t.c. Please adhere to treatment as prescribed by the health worker. Desist from self-medication.

The public is encouraged to practice good hand hygiene, and avoid public gatherings if you have any of the above-mentioned symptoms. If you must go out and are symptomatic, please wear a face mask at all times and avoid hugging or shaking hands.

The Ministry of Health reiterates that there is no evidence of any COVID-19 resurgence in the country. However, individuals who are due for their COVID-19 booster dose are encouraged to do so.

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