

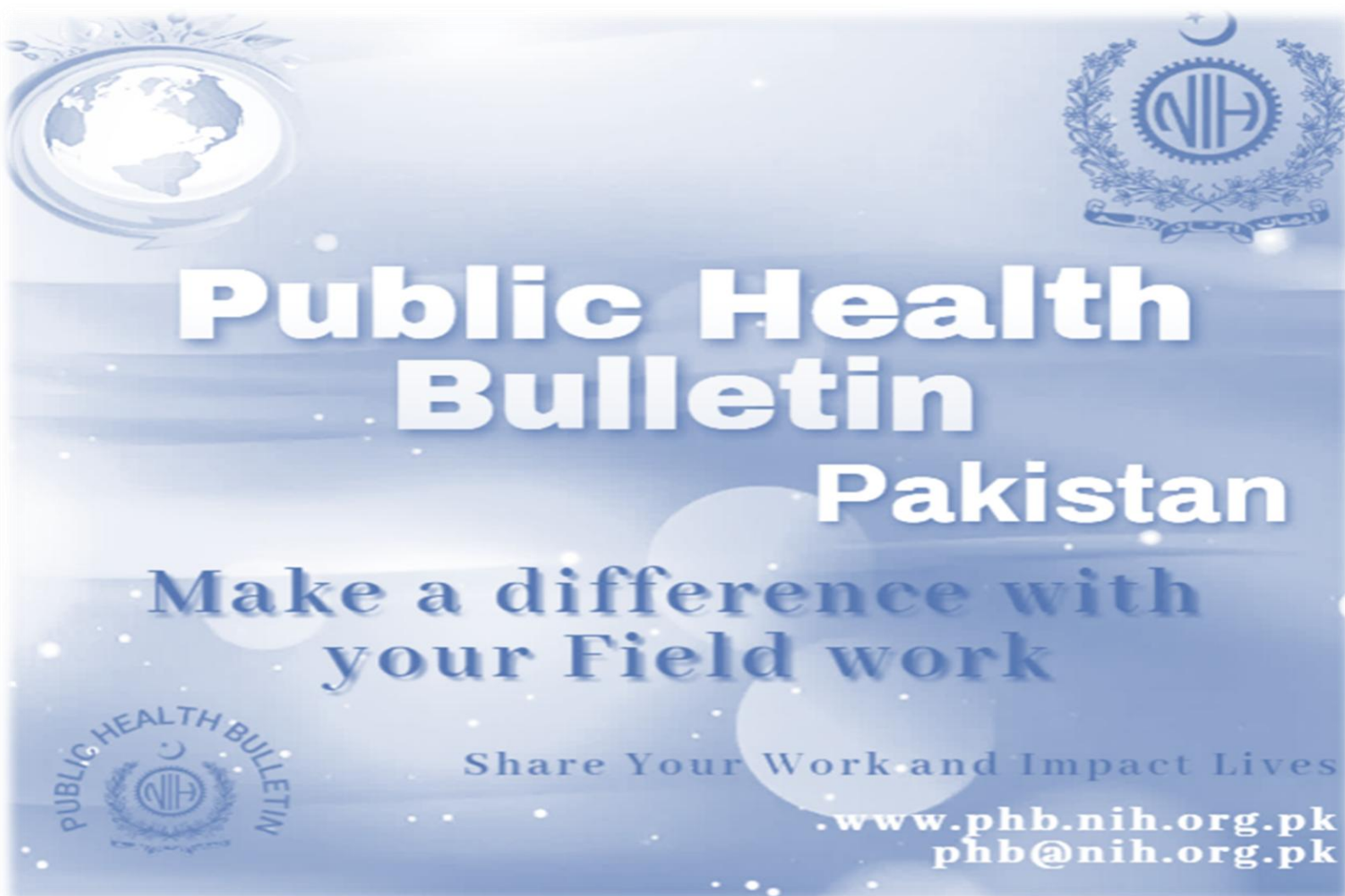
# Integrated Disease Surveillance & Response (IDSR) Report

Center of Disease Control  
National Institute of Health, Islamabad

<http://www.phb.nih.org.pk/>

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**11<sup>th</sup> AUGUST, 2025**

Integrated Disease Surveillance & Response (IDSR) Weekly Public Health Bulletin is your go-to resource for disease trends, outbreak alerts, and crucial public health information. By reading and sharing this bulletin, you can help increase awareness and promote preventive measures within your community.



## Overview

Public Health Bulletin - Pakistan, Week 31, 2025

## IDSR Reports

## Ongoing Events

## Field Reports

*The Public Health Bulletin (PHB) provides timely, reliable, and actionable health information to the public and professionals. It disseminates key IDSR data, outbreak reports, and seasonal trends, along with actionable public health recommendations. Its content is carefully curated for relevance to Pakistan's priorities, excluding misinformation. The PHB also proactively addresses health misinformation on social media and aims to be a trusted resource for informed public health decision-making.*

*This Weeks Highlights include;*

- *Strengthening One Health Governance: CDC-NIH Hosts Provincial Workshop in Gilgit*
- *Measles Outbreak Investigation Report, Pishin District, Balochistan (October–December 2024).*
- *Knowledge hub on Understanding HIV/AIDS: A Public Health Priority*

*By transforming complex health data into actionable intelligence, the Public Health Bulletin continues to be an indispensable tool in our collective journey toward a healthier Pakistan.*

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*Stay informed. Stay prepared. Stay healthy.*

*Sincerely,  
The Chief Editor*

- During Week 31, the most frequently reported cases were of Acute Diarrhea (Non-Cholera) followed by Malaria, ILI, ALRI <5 years, TB, B. Diarrhea, Dog Bite, VH (B, C & D), Typhoid and SARI.
- Eighteen cases of AFP reported from KP, twelve from Sindh and three from AJK.
- Eighteen suspected cases of HIV/ AIDS reported from Sindh and five from KP.
- Nine suspected cases of Brucellosis reported from KP.
- Among VPDs, there is an increase in number of cases of Measles, Pertussis and NT this week.
- Among Respiratory diseases, there is an increase in number of cases of ALRI <5 years this week.
- Among Water/food-borne diseases, there is a decrease in number of cases of all diseases this week.
- Among Vector-borne diseases, there is an increase in number of cases of Malaria, CL, Chikungunya and Dengue this week.
- Among STDs, there is a decrease in number of cases of all diseases this week.
- Among Zoonotic/Other diseases, there is a decrease in number of cases of dog bite and VH (B, C & D) this week.
- Field investigation is required for verification of the alerts and for prevention and control of the outbreaks.

## IDSR compliance attributes

- The national compliance rate for IDSR reporting in 158 implemented districts is 76%
- Sindh and AJK are the top reporting regions with a compliance rate of 97% each, followed by GB 93% and ICT 76%.
- The lowest compliance rate was observed in KP 63% and Balochistan 58%.

| Region                      | Expected Reports | Received Reports | Compliance (%) |
|-----------------------------|------------------|------------------|----------------|
| Khyber Pakhtunkhwa          | 2704             | 1699             | 63             |
| Azad Jammu Kashmir          | 415              | 401              | 97             |
| Islamabad Capital Territory | 38               | 29               | 76             |
| Balochistan                 | 1308             | 753              | 58             |
| Gilgit Baltistan            | 410              | 380              | 93             |
| Sindh                       | 2111             | 2058             | 97             |
| National                    | 6986             | 5289             | 76             |

## Public Health Actions

Federal, Provincial, Regional Health Departments and relevant programs may consider following public health actions to prevent and control diseases.

### Influenza-Like Illness (ILI)

- **Strengthen Surveillance and Early Detection:** Enhance ILI surveillance through IDSR and sentinel sites to monitor seasonal trends and detect influenza activity early; ensure regular reporting from both public and private health facilities.
- **Improve Laboratory Diagnostic Capacity:** Expand access to influenza virus testing using RT-PCR and rapid antigen detection at designated sentinel laboratories; strengthen sample collection and transport systems.
- **Promote Vaccination:** Encourage annual influenza vaccination for high-risk groups, including healthcare workers, the elderly, pregnant women, and individuals with chronic diseases.
- **Implement Infection Prevention and Control (IPC):** Reinforce IPC measures in healthcare and community settings including mask use, hand hygiene, respiratory etiquette, and isolation of symptomatic patients where feasible.
- **Enhance Risk Communication:** Conduct public awareness campaigns about influenza prevention, vaccination benefits, and when to seek medical attention for respiratory symptoms.

### Acute Lower Respiratory Infections (ALRI)

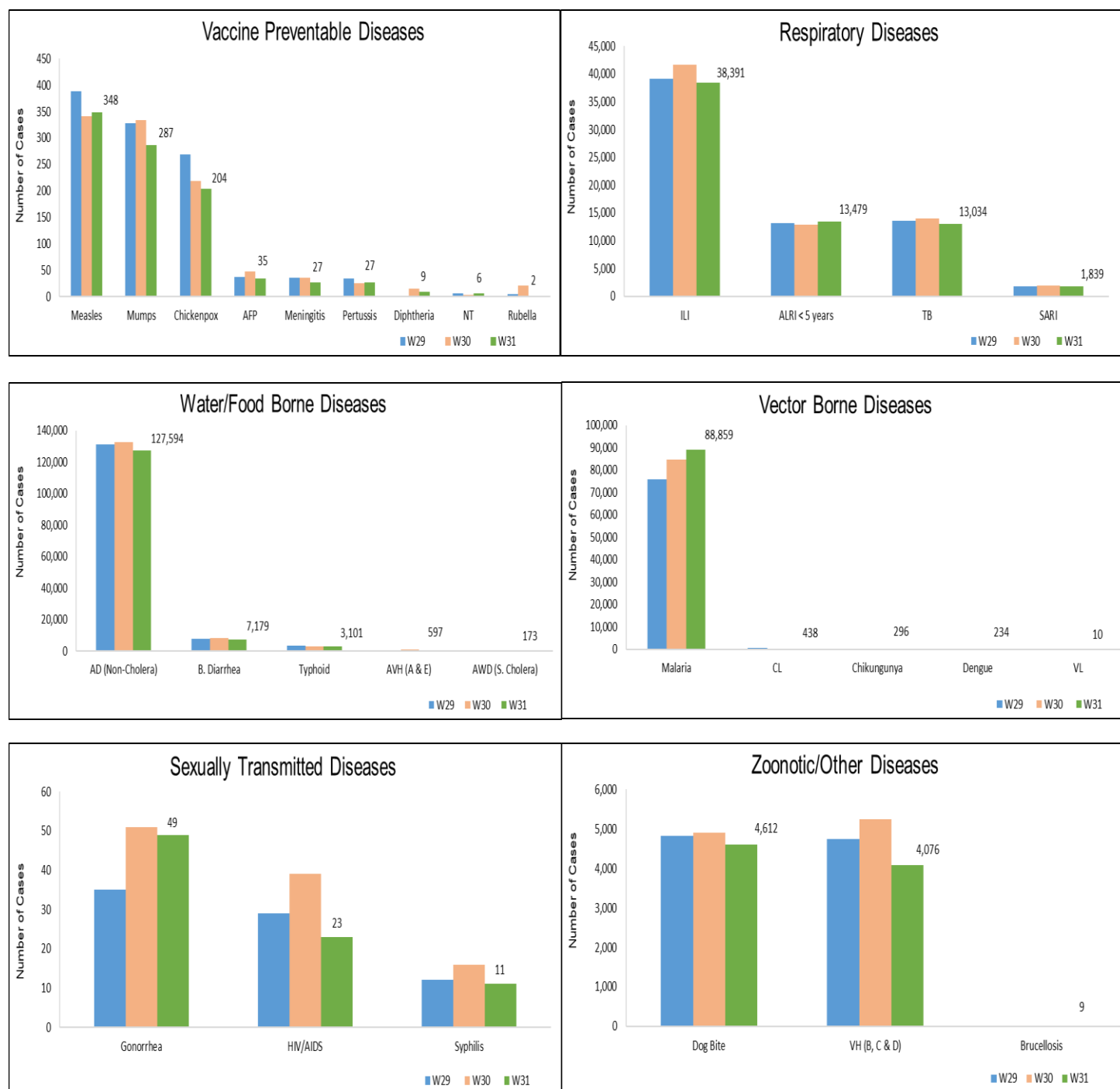
- **Strengthen Surveillance and Case Reporting:** Integrate ALRI surveillance into IDSR by training health workers to identify and report pneumonia and other severe lower respiratory infections in all age groups, particularly children under five.
- **Improve Diagnostic and Treatment Capacity:** Equip healthcare facilities with diagnostic tools such as pulse oximeters, chest X-rays, and laboratory support for bacterial and viral pathogen identification; ensure prompt and guideline-based treatment.
- **Strengthen IPC and Community-Based Interventions:** Promote exclusive breastfeeding for six months, reduce indoor air pollution, encourage hand hygiene, and improve ventilation to prevent respiratory infections.
- **Raise Public Awareness:** Disseminate messages about early recognition of danger signs (fast breathing, chest indrawing), importance of vaccination, and timely healthcare-seeking for children and adults with severe respiratory symptoms.



**Table 1: Province/Area wise distribution of most frequently reported suspected cases during Week 31, Pakistan.**

| Diseases                 | AJK   | Balochistan | GB    | ICT   | KP     | Punjab | Sindh  | Total   |
|--------------------------|-------|-------------|-------|-------|--------|--------|--------|---------|
| AD (non-cholera)         | 2,805 | 7,872       | 2,536 | 572   | 47,827 | NR     | 65,982 | 127,594 |
| Malaria                  | 4     | 3,548       | 1     | 0     | 8,227  | NR     | 77,079 | 88,859  |
| ILI                      | 1,548 | 5,020       | 270   | 1,187 | 3,706  | NR     | 26,660 | 38,391  |
| ALRI < 5 years           | 1,018 | 1,343       | 543   | 2     | 726    | NR     | 9,847  | 13,479  |
| TB                       | 71    | 64          | 139   | 13    | 360    | NR     | 12,387 | 13,034  |
| B. Diarrhea              | 76    | 1,448       | 177   | 22    | 1,118  | NR     | 4,338  | 7,179   |
| Dog Bite                 | 127   | 184         | 5     | 2     | 1,182  | NR     | 3,112  | 4,612   |
| VH (B, C & D)            | 32    | 53          | 6     | 1     | 75     | NR     | 3,909  | 4,076   |
| Typhoid                  | 14    | 421         | 185   | 2     | 854    | NR     | 1,625  | 3,101   |
| SARI                     | 201   | 536         | 155   | 0     | 874    | NR     | 73     | 1,839   |
| AVH (A & E)              | 21    | 14          | 16    | 0     | 229    | NR     | 317    | 597     |
| CL                       | 0     | 31          | 0     | 0     | 406    | NR     | 1      | 438     |
| Measles                  | 13    | 20          | 30    | 1     | 214    | NR     | 70     | 348     |
| Chikungunya              | 0     | 1           | 0     | 0     | 0      | NR     | 295    | 296     |
| Mumps                    | 3     | 37          | 11    | 0     | 169    | NR     | 67     | 287     |
| Dengue                   | 0     | 8           | 0     | 0     | 35     | NR     | 191    | 234     |
| Chickenpox/<br>Varicella | 10    | 7           | 27    | 5     | 120    | NR     | 35     | 204     |
| AWD (S.Cholera)          | 14    | 0           | 126   | 0     | 19     | NR     | 14     | 173     |
| Gonorrhea                | 0     | 35          | 0     | 0     | 3      | NR     | 11     | 49      |
| AFP                      | 3     | 1           | 1     | 0     | 18     | NR     | 12     | 35      |
| Meningitis               | 6     | 1           | 2     | 0     | 10     | NR     | 8      | 27      |
| Pertussis                | 0     | 14          | 5     | 0     | 3      | NR     | 5      | 27      |
| HIV/AIDS                 | 0     | 0           | 0     | 0     | 5      | NR     | 18     | 23      |
| Syphilis                 | 0     | 0           | 0     | 0     | 0      | NR     | 11     | 11      |
| VL                       | 0     | 10          | 0     | 0     | 0      | NR     | 0      | 10      |
| Diphtheria               | 0     | 0           | 0     | 0     | 1      | NR     | 8      | 9       |
| Brucellosis              | 0     | 0           | 0     | 0     | 9      | NR     | 0      | 9       |
| NT                       | 0     | 0           | 0     | 0     | 6      | NR     | 0      | 6       |
| COVID-19                 | 0     | 0           | 0     | 0     | 4      | NR     | 0      | 4       |
| Rubella (CRS)            | 0     | 2           | 0     | 0     | 0      | NR     | 0      | 2       |

**Figure 1: Most frequently reported suspected cases during Week 31, Pakistan.**



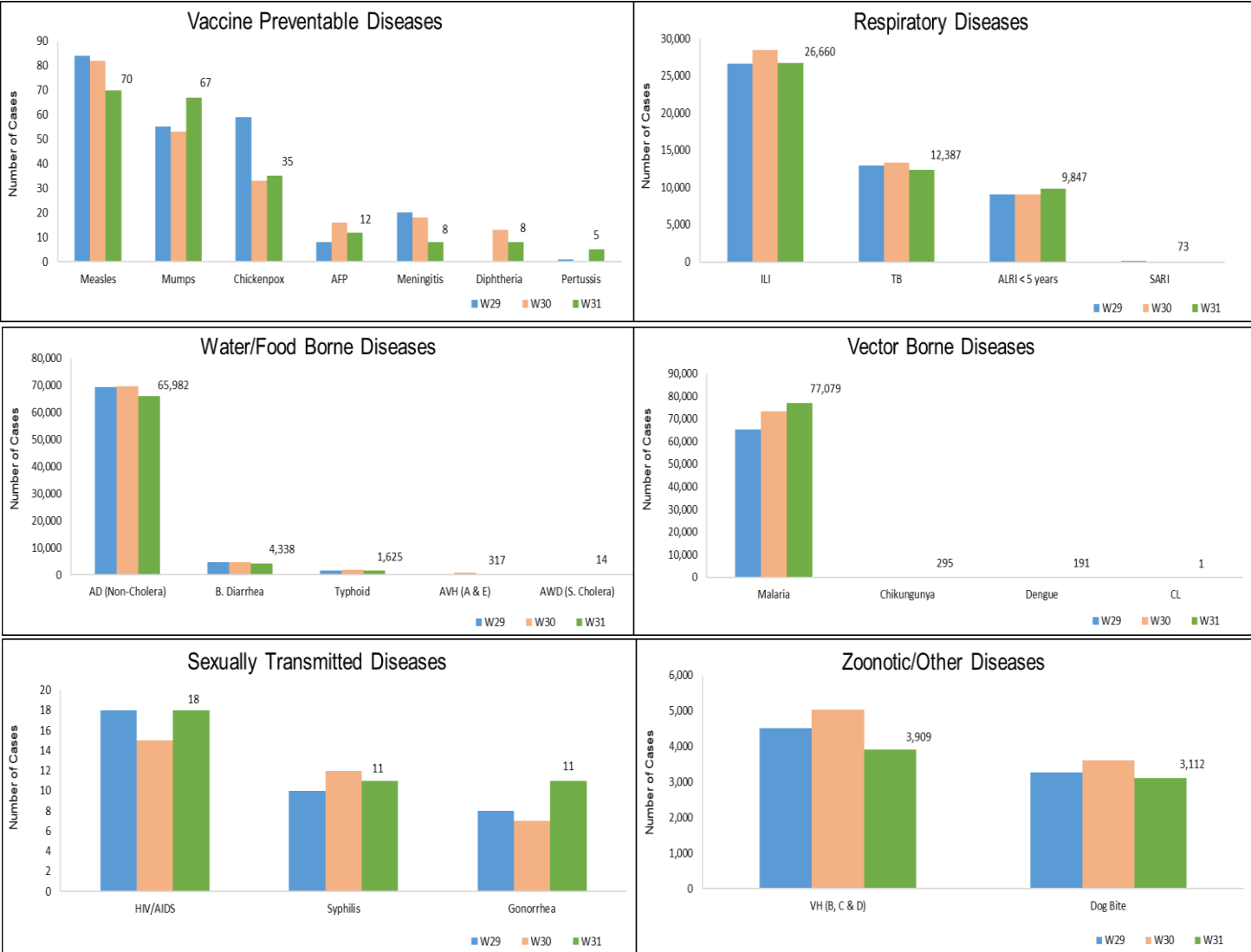


- Malaria cases were maximum followed by AD (Non-Cholera), ILI, TB, ALRI<5 Years, B. Diarrhea, VH (B, C, D), Dog Bite, Typhoid and AVH (A & E).
- Malaria cases are mostly from Badin, Sanghar and Larkana whereas AD (Non-Cholera) cases are from Karachi South, Badin and Mirpurkhas.
- Twelve cases of AFP reported from Sindh. They are suspected cases and need field verification.
- There is a decline in number of cases of AD (Non-Cholera), ILI, TB, B. Diarrhea, VH (B, C, D), Dog Bite, Typhoid, AVH (A & E), SARI, Measles, AWD (S. Cholera), AFP, Syphilis, Meningitis and Diphtheria this week while an increase in number of cases of Malaria, ALRI<5 Years, Chikungunya, Dengue, Mumps, Chickenpox, HIV/ AIDS, Gonorrhea and Pertussis this week.

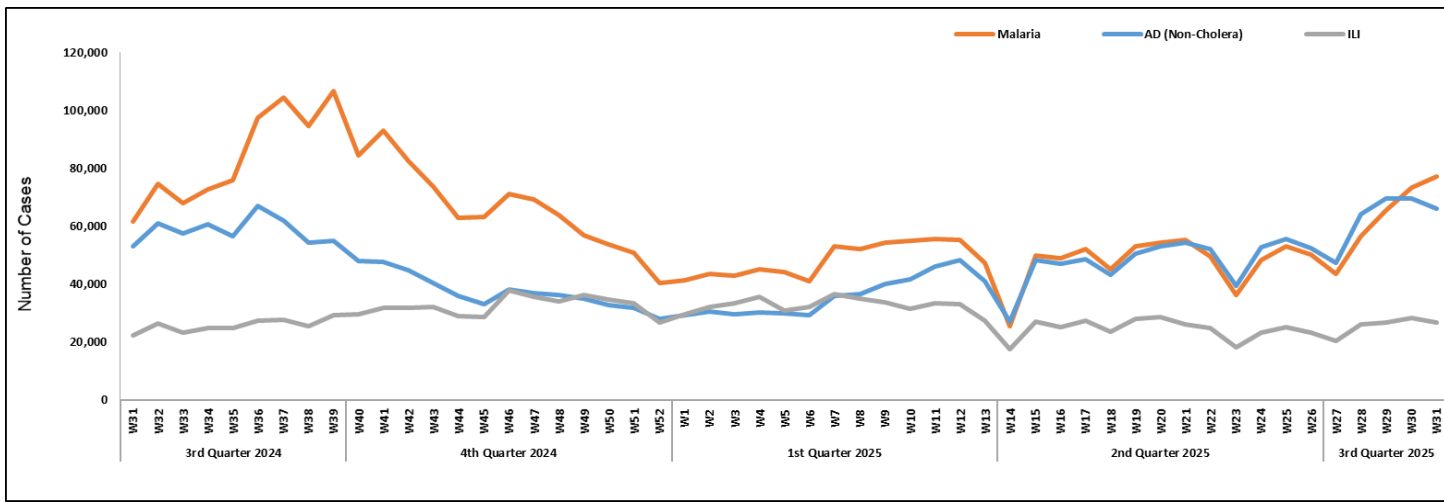
**Table 2: District wise distribution of most frequently reported suspected cases during Week 31, Sindh**

| Districts           | Malaria       | AD (non-cholera) | ILI           | TB            | ALRI < 5 years | B. Diarrhea  | VH (B, C & D) | Dog Bite     | Typhoid      | AVH (A & E) |
|---------------------|---------------|------------------|---------------|---------------|----------------|--------------|---------------|--------------|--------------|-------------|
| Badin               | 6,191         | 4,189            | 2,245         | 1,018         | 467            | 392          | 180           | 175          | 53           | 2           |
| Dadu                | 3,650         | 3,073            | 474           | 450           | 889            | 602          | 64            | 374          | 147          | 31          |
| Ghotki              | 3,948         | 1,352            | 17            | 479           | 394            | 136          | 542           | 259          | 0            | 0           |
| Hyderabad           | 1,314         | 3,190            | 1,366         | 400           | 121            | 83           | 75            | 66           | 10           | 8           |
| Jacobabad           | 832           | 800              | 769           | 172           | 392            | 97           | 123           | 202          | 19           | 0           |
| Jamshoro            | 3,275         | 2,083            | 61            | 603           | 273            | 87           | 252           | 89           | 36           | 10          |
| Kamber              | 3,614         | 2,029            | 0             | 701           | 205            | 106          | 120           | 163          | 21           | 0           |
| Karachi Central     | 55            | 1,380            | 1,358         | 201           | 2              | 20           | 18            | 9            | 164          | 10          |
| Karachi East        | 60            | 289              | 169           | 22            | 13             | 5            | 1             | 1            | 13           | 1           |
| Karachi Keamari     | 7             | 822              | 380           | 6             | 22             | 2            | 0             | 0            | 6            | 0           |
| Karachi Korangi     | 91            | 379              | 5             | 21            | 1              | 7            | 0             | 2            | 2            | 0           |
| Karachi Malir       | 251           | 1,923            | 3,211         | 191           | 353            | 64           | 14            | 53           | 16           | 6           |
| Karachi South       | 188           | 7,376            | 21            | 218           | 171            | 421          | 93            | 39           | 362          | 31          |
| Karachi West        | 294           | 835              | 1,078         | 69            | 176            | 25           | 21            | 62           | 22           | 0           |
| Kashmore            | 1,951         | 522              | 347           | 172           | 90             | 72           | 7             | 99           | 0            | 1           |
| Khairpur            | 5,400         | 3,746            | 6,234         | 1,028         | 1,028          | 294          | 136           | 225          | 312          | 14          |
| Larkana             | 5,422         | 1,480            | 0             | 645           | 152            | 199          | 53            | 31           | 9            | 1           |
| Matlari             | 4,311         | 2,116            | 1             | 628           | 231            | 60           | 377           | 59           | 1            | 9           |
| Mirpurkhas          | 4,120         | 4,114            | 2,852         | 787           | 341            | 115          | 231           | 242          | 23           | 11          |
| Naushero Feroze     | 2,238         | 1,668            | 622           | 454           | 566            | 317          | 36            | 248          | 215          | 1           |
| Sanghar             | 5,636         | 2,225            | 42            | 1,014         | 399            | 74           | 644           | 106          | 31           | 9           |
| Shaheed Benazirabad | 2,617         | 1,933            | 2             | 268           | 155            | 83           | 86            | 133          | 78           | 0           |
| Shikarpur           | 1,944         | 1,193            | 5             | 247           | 143            | 148          | 111           | 122          | 5            | 0           |
| Sujawal             | 1,642         | 3,636            | 8             | 167           | 327            | 81           | 69            | 48           | 0            | 10          |
| Sukkur              | 2,187         | 1,495            | 1,749         | 362           | 788            | 108          | 106           | 110          | 2            | 0           |
| Tando Allahyar      | 3,610         | 2,296            | 869           | 407           | 201            | 123          | 154           | 56           | 3            | 2           |
| Tando Muhammad Khan | 3,458         | 2,216            | 89            | 736           | 219            | 218          | 95            | 69           | 0            | 0           |
| Tharparkar          | 3,847         | 3,278            | 1,308         | 548           | 571            | 254          | 49            | 1            | 32           | 26          |
| Thatta              | 2,007         | 2,432            | 1,378         | 37            | 861            | 64           | 168           | 69           | 18           | 133         |
| Umerkot             | 2,919         | 1,912            | 0             | 336           | 296            | 81           | 84            | 0            | 25           | 1           |
| <b>Total</b>        | <b>77,079</b> | <b>65,982</b>    | <b>26,660</b> | <b>12,387</b> | <b>9,847</b>   | <b>4,338</b> | <b>3,909</b>  | <b>3,112</b> | <b>1,625</b> | <b>317</b>  |

**Figure 2: Most frequently reported suspected cases during Week 31 Sindh**



**Figure 3: Week wise reported suspected cases of Malaria, AD (Non-Cholera) & ILI, Sindh**



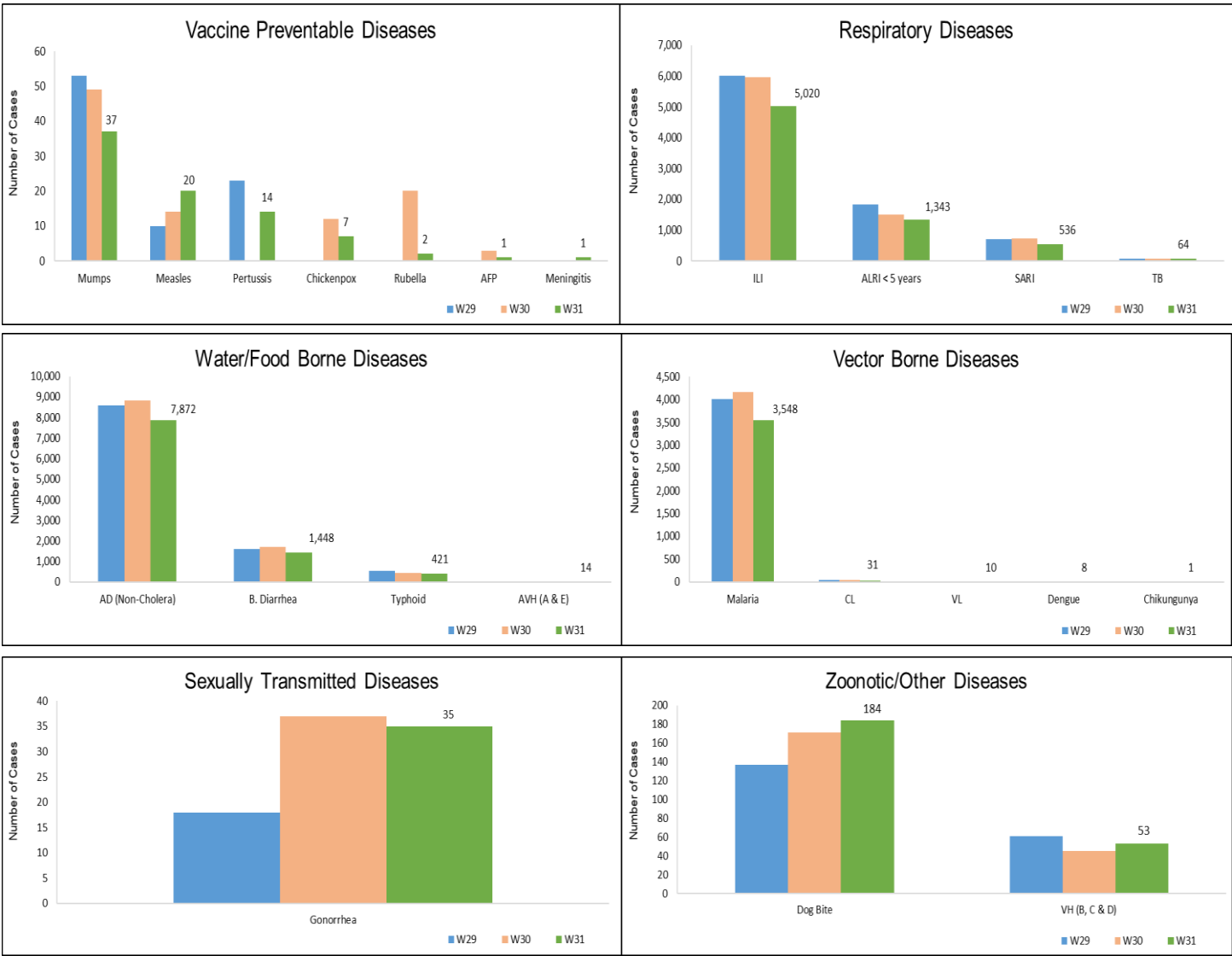


- AD (Non-Cholera), ILI, Malaria, B. Diarrhea, ALRI <5 years, SARI, Typhoid, Dog Bite, TB and VH (B, C, D) cases were the most frequently reported diseases from Balochistan province.
- AD (Non-Cholera) cases are mostly reported from Quetta, Pishin and Kech (Turbat) while ILI cases are mostly reported from Kech (Turbat), Quetta and Pishin.
- Zero case of HIV/AIDs reported from Balochistan.
- AD (Non-Cholera), ILI, Malaria, B. Diarrhea, ALRI <5 years, SARI, Typhoid, TB, Mumps, Gonorrhea, CL, AVH (A & E), Chickenpox, Rubella and AFP showed a decrease in number of cases this week whereas an increase in number of cases of Dog Bite, VH (B, C, D), Measles, VL and Dengue is observed.

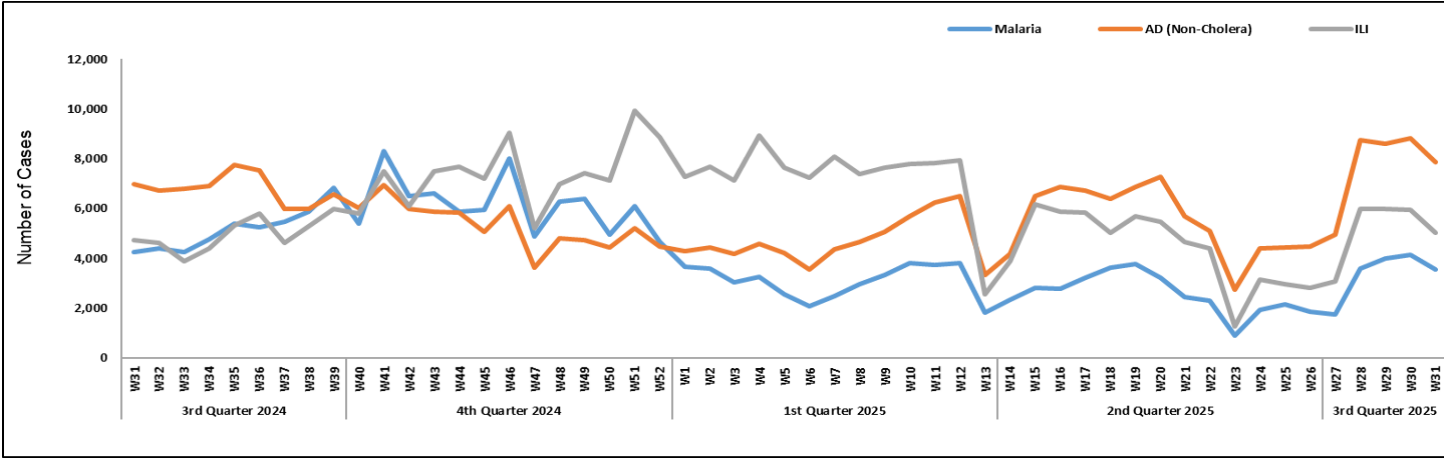
**Table 3: District wise distribution of most frequently reported suspected cases during Week 31, Balochistan**

| Districts       | AD (non-cholera) | ILI          | Malaria      | B. Diarrhea  | ALRI < 5 years | SARI       | Typhoid    | Dog Bite   | TB        | VH (B, C & D) |
|-----------------|------------------|--------------|--------------|--------------|----------------|------------|------------|------------|-----------|---------------|
| Awaran          | 47               | 41           | 95           | 23           | 5              | 0          | 1          | 0          | 0         | 0             |
| Barkhan         | 79               | 40           | 87           | 6            | 0              | 0          | 22         | 24         | 0         | 0             |
| Chagai          | 109              | 143          | 54           | 39           | 0              | 0          | 3          | 0          | 0         | 0             |
| Chaman          | NR               | NR           | NR           | NR           | NR             | NR         | NR         | NR         | NR        | NR            |
| Dera Bugti      | 25               | 0            | 14           | 0            | 0              | 0          | 0          | 0          | 0         | 0             |
| Duki            | NR               | NR           | NR           | NR           | NR             | NR         | NR         | NR         | NR        | NR            |
| Gwadar          | NR               | NR           | NR           | NR           | NR             | NR         | NR         | NR         | NR        | NR            |
| Harnai          | 200              | 5            | 92           | 79           | 132            | 0          | 0          | 2          | 0         | 0             |
| Hub             | 314              | 62           | 213          | 16           | 7              | 20         | 6          | 2          | 2         | 0             |
| Jaffarabad      | 225              | 79           | 269          | 55           | 31             | 21         | 5          | 9          | 25        | 0             |
| Jhal Magsi      | 176              | 207          | 279          | 1            | 23             | 0          | 19         | 16         | 8         | 0             |
| Kachhi (Bolan)  | 133              | 34           | 35           | 32           | 20             | 62         | 11         | 0          | 0         | 0             |
| Kalat           | 76               | 4            | 51           | 36           | 10             | 1          | 30         | 0          | 1         | 0             |
| Kech (Turbat)   | 684              | 849          | 510          | 69           | 84             | 7          | 1          | 0          | 0         | 0             |
| Kharan          | 261              | 440          | 58           | 97           | 6              | 0          | 3          | 0          | 0         | 0             |
| Khuzdar         | 101              | 79           | 127          | 16           | 7              | 9          | 16         | 0          | 0         | 0             |
| Killa Abdullah  | 241              | 89           | 8            | 62           | 17             | 27         | 26         | 8          | 2         | 0             |
| Killa Saifullah | 181              | 0            | 177          | 56           | 101            | 9          | 9          | 3          | 0         | 0             |
| Kohlu           | 163              | 238          | 93           | 83           | 10             | 19         | 44         | 1          | 0         | 0             |
| Lasbella        | 646              | 51           | 359          | 41           | 202            | 4          | 23         | 4          | 3         | 19            |
| Loralai         | 314              | 361          | 79           | 32           | 43             | 67         | 22         | 3          | 0         | 0             |
| Mastung         | 129              | 197          | 72           | 21           | 29             | 63         | 7          | 3          | 2         | 0             |
| MusaKhel        | 9                | 0            | 1            | 0            | 0              | 0          | 0          | 0          | 0         | 0             |
| Naseerabad      | 385              | 35           | 117          | 11           | 31             | 26         | 34         | 69         | 5         | 12            |
| Nushki          | 163              | 2            | 16           | 49           | 0              | 3          | 0          | 0          | 0         | 0             |
| Panjgur         | NR               | NR           | NR           | NR           | NR             | NR         | NR         | NR         | NR        | NR            |
| Pishin          | 693              | 505          | 53           | 242          | 120            | 45         | 32         | 4          | 0         | 0             |
| Quetta          | 715              | 620          | 34           | 62           | 85             | 42         | 30         | 2          | 0         | 0             |
| Sherani         | 12               | 8            | 0            | 2            | 0              | 3          | 0          | 0          | 0         | 0             |
| Sibi            | 343              | 319          | 149          | 32           | 80             | 92         | 44         | 1          | 0         | 0             |
| Sohbat pur      | 342              | 3            | 103          | 78           | 146            | 4          | 17         | 8          | 1         | 2             |
| Surab           | 30               | 100          | 8            | 0            | 0              | 0          | 0          | 0          | 0         | 0             |
| Usta Muhammad   | 616              | 122          | 201          | 79           | 108            | 3          | 8          | 23         | 2         | 20            |
| Washuk          | 125              | 203          | 98           | 71           | 9              | 2          | 2          | 1          | 0         | 0             |
| Zhob            | 42               | 39           | 36           | 3            | 22             | 3          | 0          | 0          | 12        | 0             |
| Ziarat          | 293              | 145          | 60           | 55           | 15             | 4          | 6          | 1          | 1         | 0             |
| <b>Total</b>    | <b>7,872</b>     | <b>5,020</b> | <b>3,548</b> | <b>1,448</b> | <b>1,343</b>   | <b>536</b> | <b>421</b> | <b>184</b> | <b>64</b> | <b>53</b>     |

**Figure 4: Most frequently reported suspected cases during Week 31, Balochistan**



**Figure 5: Week wise reported suspected cases of Malaria, AD (Non-Cholera) & ILI, Balochistan**

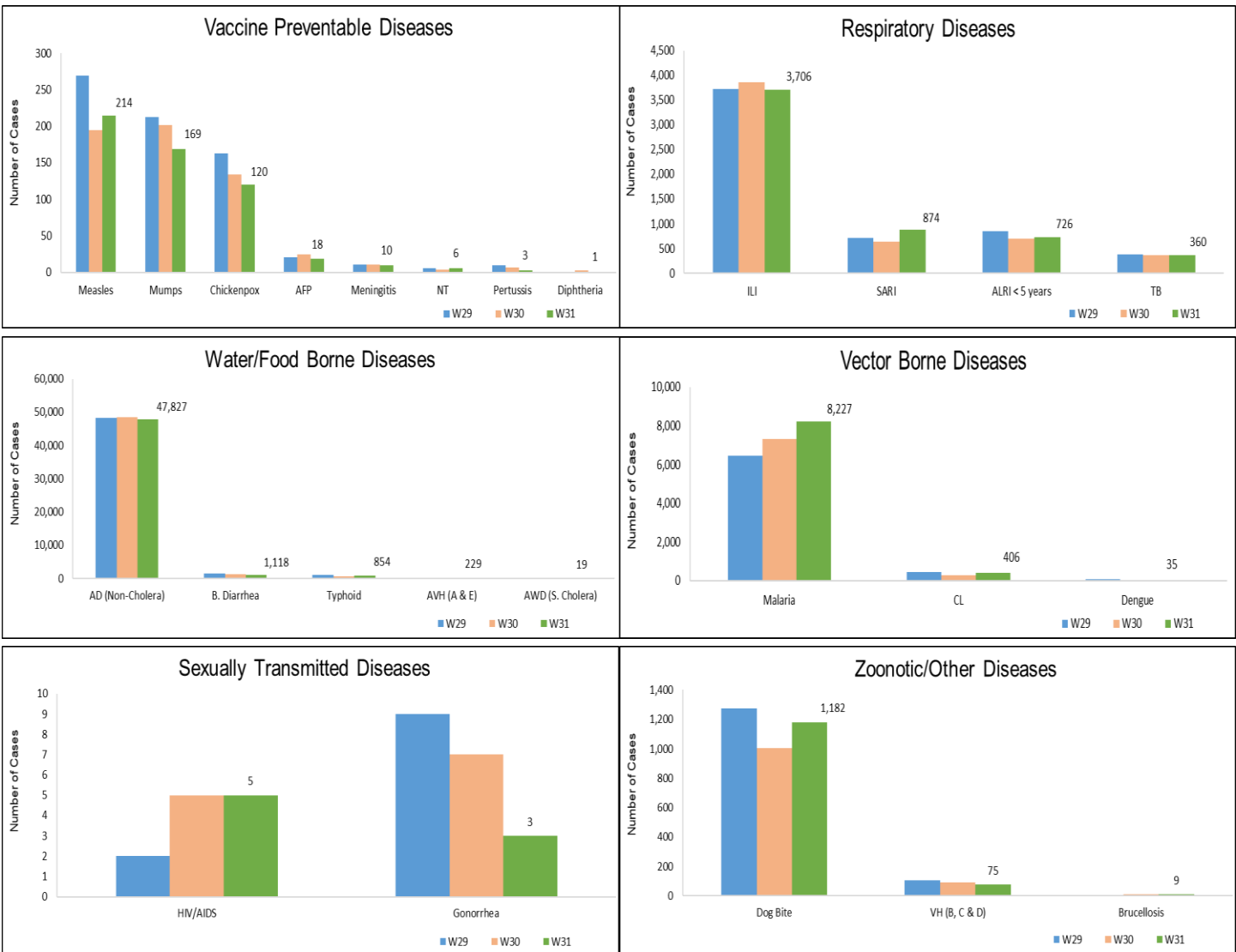


- Cases of AD (Non-Cholera) were maximum followed by Malaria, ILI, Dog Bite, B. Diarrhea, SARI, Typhoid, ALRI<5 Years, CL, and TB.
- AD (Non-Cholera), ILI, B. Diarrhea, TB, AVH (A & E), Mumps, Chickenpox, VH (B, C, & D), AWD (S. Cholera), AFP, Pertussis, Gonorrhea and Diphtheria cases showed a decline in number while Malaria, Dog Bite, SARI, Typhoid, ALRI<5 Years, CL, Measles and NT showed an increase in number this week.
- Eighteen cases of AFP reported from KP. All are suspected cases and need field verification.
- Five cases of HIV/AIDs reported from KP. Field investigation is required.
- Nine suspected cases of Brucellosis reported from KP. They require field verification.

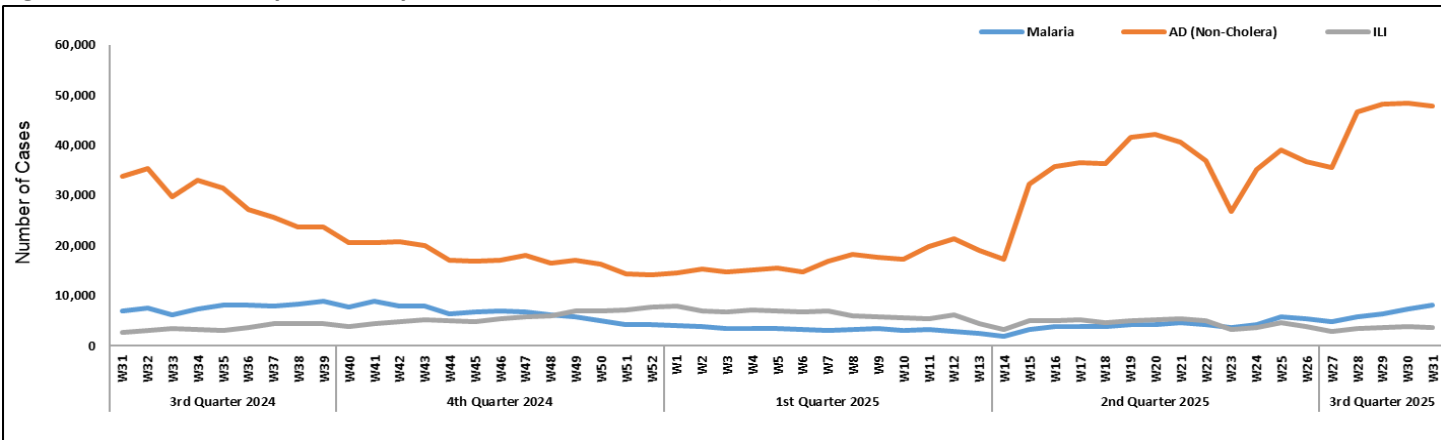
**Table 4: District wise distribution of most frequently reported suspected cases during Week 31, KP**

| Districts        | AD (non-cholera) | Malaria      | ILI          | Dog Bite     | B. Diarrhea  | SARI       | Typhoid    | ALRI < 5 years | CL         | TB         |
|------------------|------------------|--------------|--------------|--------------|--------------|------------|------------|----------------|------------|------------|
| Abbottabad       | 1,957            | 0            | 77           | 25           | 14           | 0          | 15         | 12             | 0          | 12         |
| Bajaur           | 963              | 399          | 0            | 105          | 92           | 36         | 4          | 5              | 21         | 15         |
| Bannu            | 747              | 1,345        | 0            | 5            | 12           | 2          | 95         | 5              | 0          | 22         |
| Battagram        | 918              | 110          | 675          | 12           | 6            | 2          | 5          | 4              | 1          | 26         |
| Buner            | 422              | 305          | 0            | 0            | 0            | 0          | 8          | 0              | 0          | 0          |
| Charsadda        | 3,054            | 407          | 1,178        | 11           | 98           | 125        | 79         | 268            | 0          | 8          |
| Chitral Lower    | 994              | 11           | 27           | 8            | 25           | 9          | 2          | 14             | 8          | 3          |
| Chitral Upper    | 225              | 11           | 14           | 6            | 6            | 19         | 14         | 4              | 0          | 1          |
| D.I. Khan        | 1,849            | 445          | 0            | 63           | 28           | 0          | 3          | 7              | 2          | 26         |
| Dir Lower        | 2,539            | 164          | 0            | 78           | 89           | 0          | 49         | 9              | 0          | 7          |
| Dir Upper        | 3,111            | 13           | 18           | 31           | 42           | 0          | 22         | 40             | 1          | 2          |
| Hangu            | 167              | 116          | 73           | 0            | 2            | 0          | 3          | 0              | 25         | 0          |
| Haripur          | 1,372            | 0            | 12           | 21           | 0            | 0          | 0          | 6              | 0          | 0          |
| Karak            | 621              | 197          | 77           | 91           | 7            | 0          | 8          | 19             | 200        | 7          |
| Khyber           | 1,105            | 1,566        | 44           | 46           | 125          | 342        | 82         | 139            | 58         | 18         |
| Kohat            | 1,206            | 207          | 3            | 31           | 31           | 2          | 19         | 0              | 18         | 0          |
| Kohistan Lower   | 185              | 2            | 3            | 0            | 14           | 0          | 0          | 0              | 0          | 0          |
| Kohistan Upper   | 241              | 8            | 0            | 1            | 26           | 0          | 1          | 0              | 0          | 0          |
| Kolai Palas      | 102              | 1            | 12           | 0            | 11           | 0          | 3          | 2              | 0          | 0          |
| L & C Kurram     | 5                | 6            | 2            | 0            | 8            | 0          | 1          | 0              | 0          | 0          |
| Lakki Marwat     | 920              | 429          | 0            | 70           | 7            | 0          | 12         | 0              | 0          | 7          |
| Malakand         | 1,245            | 34           | 28           | 0            | 0            | 0          | 27         | 0              | 5          | 0          |
| Mansehra         | 992              | 6            | 150          | 0            | 3            | 0          | 14         | 0              | 0          | 1          |
| Mardan           | 1,464            | 123          | 8            | 79           | 19           | 0          | 21         | 19             | 1          | 1          |
| Mohmand          | 331              | 266          | 84           | 8            | 23           | 151        | 4          | 2              | 48         | 3          |
| North Waziristan | 147              | 130          | 6            | 1            | 11           | 0          | 21         | 9              | 1          | 1          |
| Nowshera         | 2,735            | 350          | 29           | 7            | 21           | 9          | 37         | 5              | 15         | 28         |
| Orakzai          | 144              | 44           | 4            | 6            | 10           | 0          | 0          | 0              | 0          | 0          |
| Peshawar         | 5,617            | 127          | 315          | 11           | 174          | 26         | 178        | 14             | 0          | 16         |
| SD Tank          | 25               | 8            | 1            | 0            | 3            | 0          | 2          | 0              | 0          | 0          |
| Shangla          | 2,961            | 871          | 0            | 82           | 11           | 0          | 23         | 8              | 0          | 84         |
| SW (L)           | 50               | 44           | 52           | 0            | 0            | 0          | 6          | 3              | 0          | 13         |
| SW(U)            | 65               | 44           | 28           | 0            | 2            | 10         | 0          | 9              | 2          | 0          |
| Swabi            | 2,098            | 85           | 563          | 236          | 26           | 59         | 56         | 58             | 0          | 29         |
| Swat             | 6,203            | 68           | 89           | 132          | 72           | 9          | 23         | 55             | 0          | 16         |
| Tank             | 658              | 184          | 39           | 1            | 16           | 0          | 1          | 5              | 0          | 5          |
| Tor Ghar         | 134              | 84           | 2            | 9            | 36           | 21         | 5          | 0              | 0          | 7          |
| Upper Kurram     | 255              | 17           | 93           | 6            | 48           | 52         | 11         | 5              | 0          | 2          |
| <b>Total</b>     | <b>47,827</b>    | <b>8,227</b> | <b>3,706</b> | <b>1,182</b> | <b>1,118</b> | <b>874</b> | <b>854</b> | <b>726</b>     | <b>406</b> | <b>360</b> |

**Figure 6: Most frequently reported suspected cases during Week 31, KP**

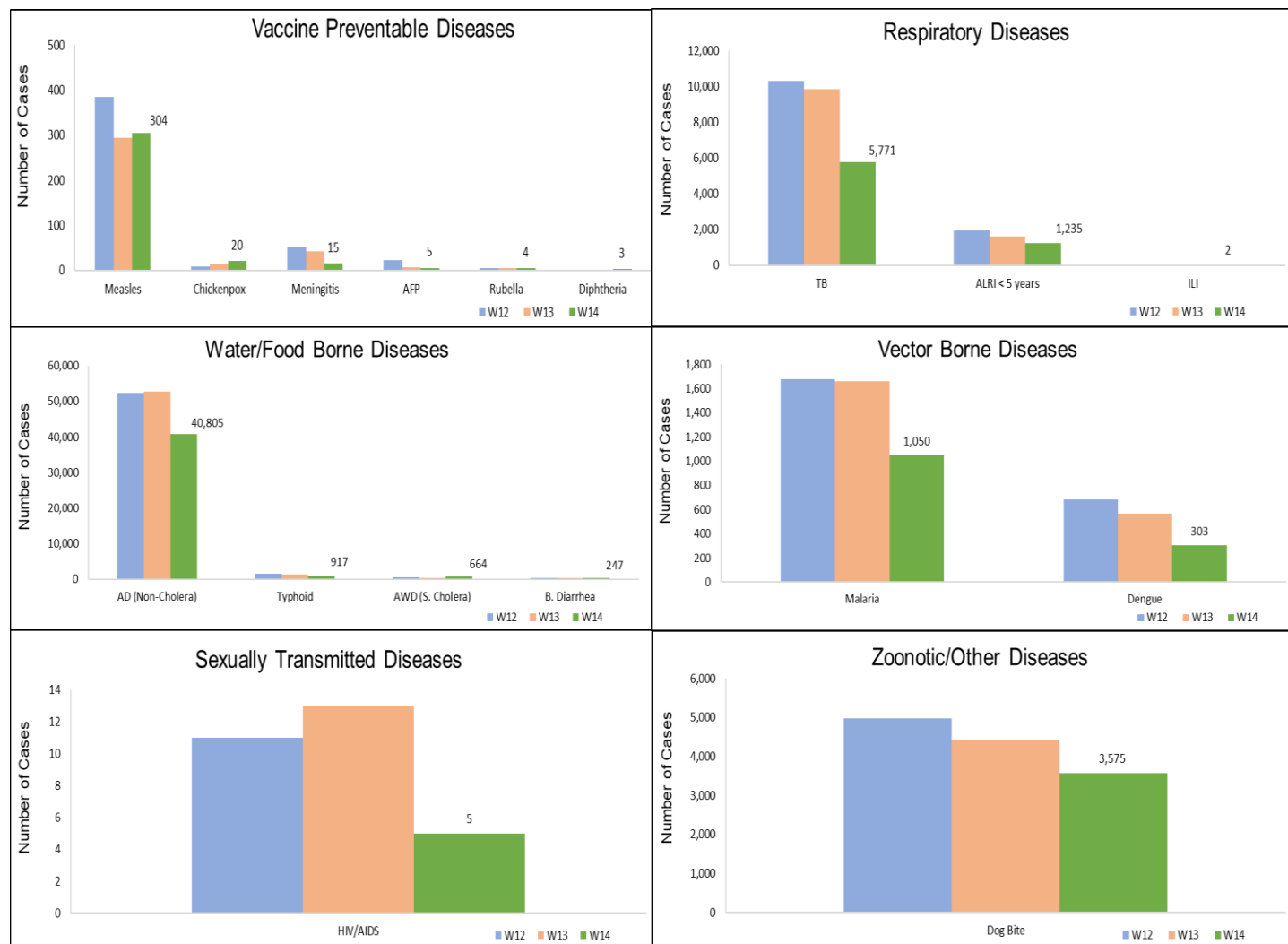


**Figure 7: Week wise reported suspected cases Malaria, AD (Non-Cholera) & ILI, KP**

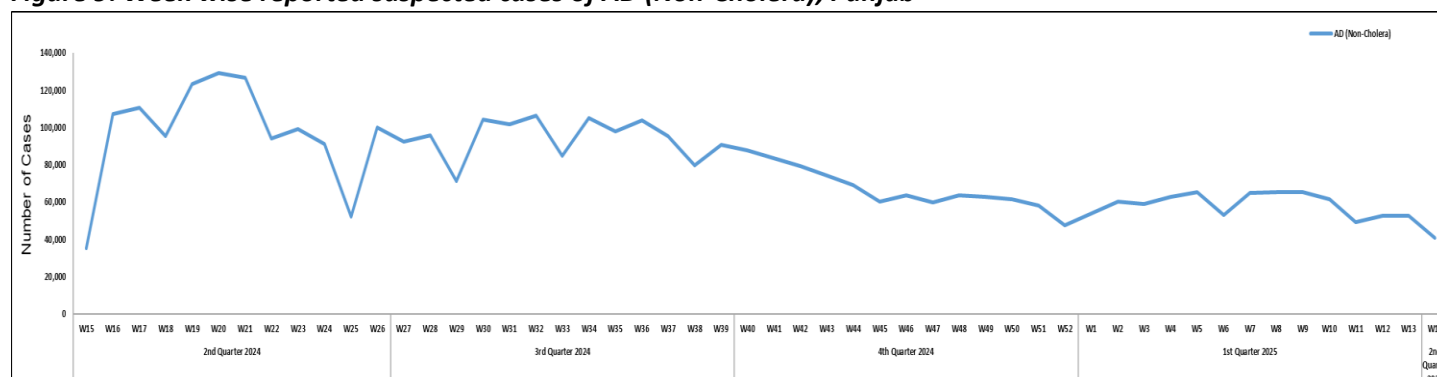


- The most frequently reported cases were of Acute Diarrhea (Non-Cholera) followed by TB, dog bite, ALRI <5 years, Malaria, Typhoid and AWD (S. Cholera) this week.
- There is a decline in cases observed for Acute Diarrhea (Non-Cholera), TB, dog bite, ALRI <5 years, Malaria and Typhoid this week.
- Five cases of AFP reported Punjab this week. They are suspected cases and need field verification.
- Five suspected cases of HIV/ AIDS reported from Punjab this week. They require field investigation.

**Figure 8: Most frequently reported suspected cases during Week 14, Punjab**



**Figure 9: Week wise reported suspected cases of AD (Non-Cholera), Punjab**

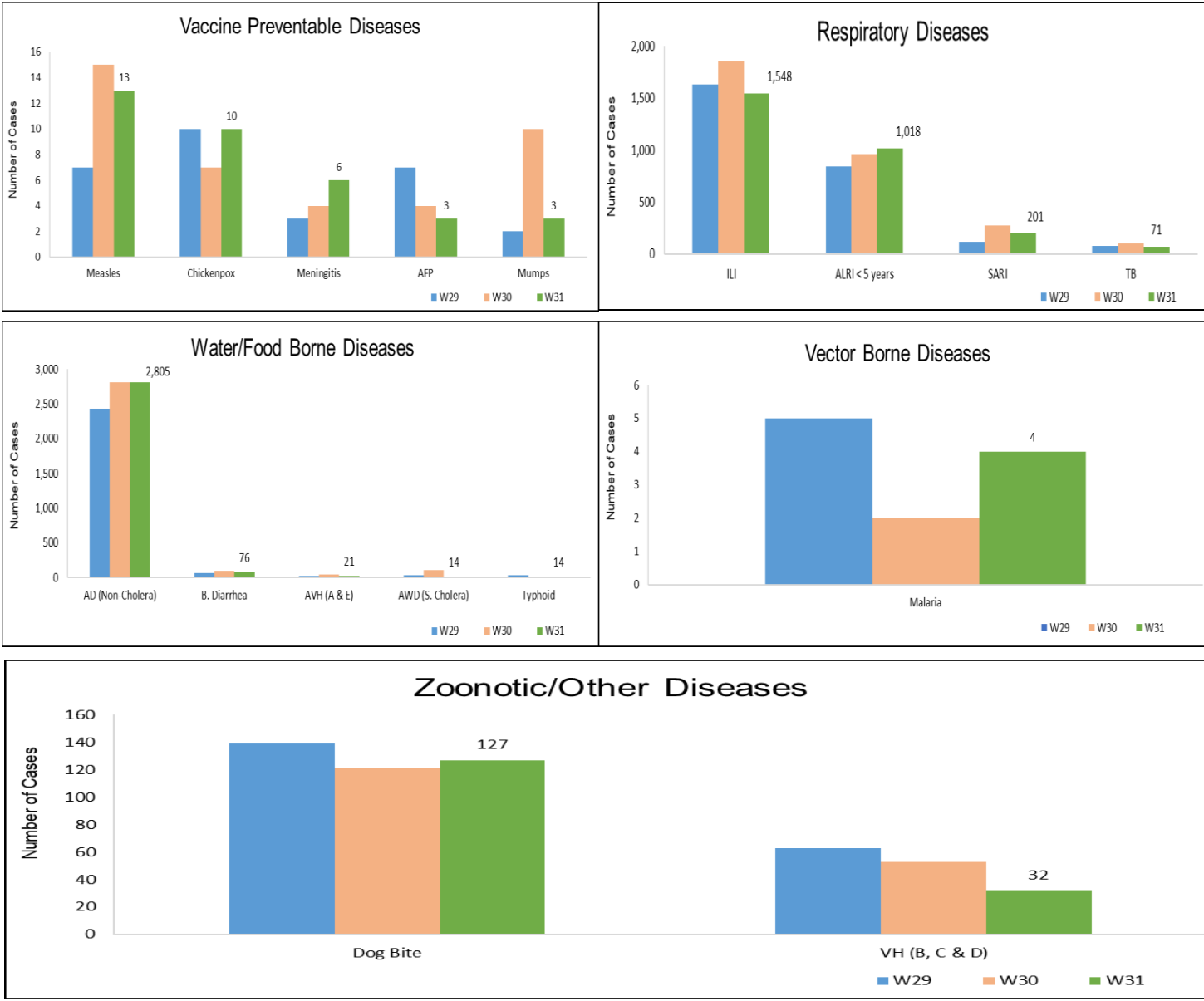


**ICT:** The most frequently reported cases from Islamabad were ILI followed by AD (Non-Cholera), B. Diarrhea, TB, Chickenpox and ALRI < 5years. The number of cases of ILI, B. Diarrhea, TB and Chickenpox increased while AD (Non-Cholera) cases showed a decline in number this week.

**AJK:** AD (Non-Cholera) cases were maximum followed by ILI, ALRI < 5years, SARI, Dog Bite, B. Diarrhea, TB, VH (B, C & D), AVH (A & E), Typhoid and AWD (S. Cholera) cases. An increase in number of suspected cases was observed for ALRI < 5years, Dog Bite, Typhoid, Chickenpox, Meningitis and Malaria while a decline in cases observed for ILI, SARI, B. Diarrhea, TB, VH (B, C & D), AVH (A & E), AWD (S. Cholera), Measles, AFP and Mumps this week.

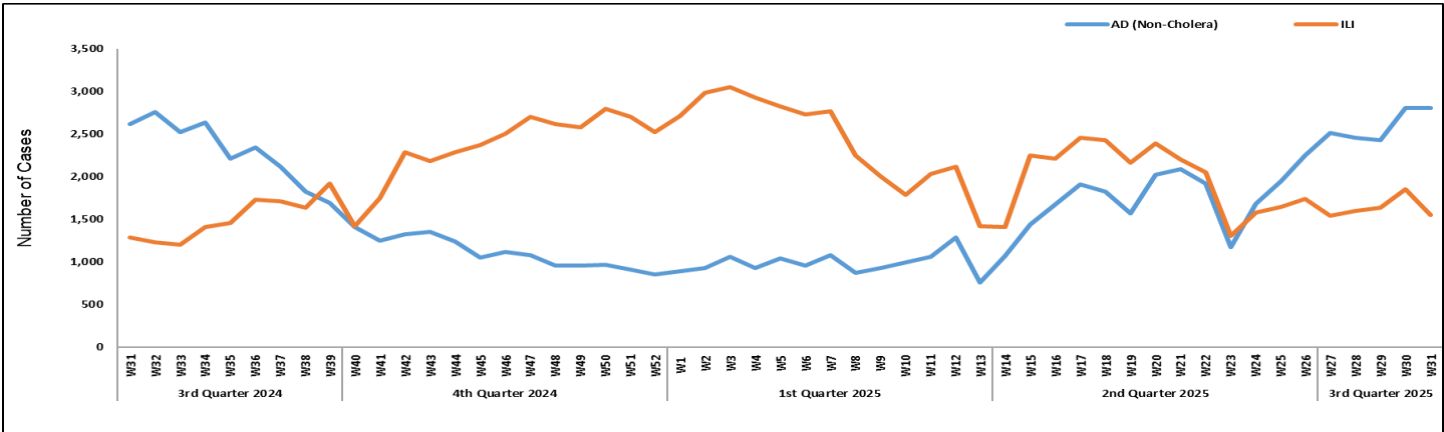
**GB:** AD (Non-Cholera) cases were the most frequently reported disease followed by ALRI <5 Years, ILI, Typhoid, B. Diarrhea, SARI, TB, AWD (S. Cholera), Measles, Chickenpox and AVH (A & E) cases. An increase in cases was observed for AD (Non-Cholera), Typhoid, B. Diarrhea, SARI, TB, AWD (S. Cholera), AVH (A & E), VH (B, C & D) and Dog Bite while there was a decline in number of cases of ALRI <5 Years, ILI, Measles, Chickenpox and Mumps in Week 31.

Figure 10: Most frequently reported suspected cases during Week 31, AJK

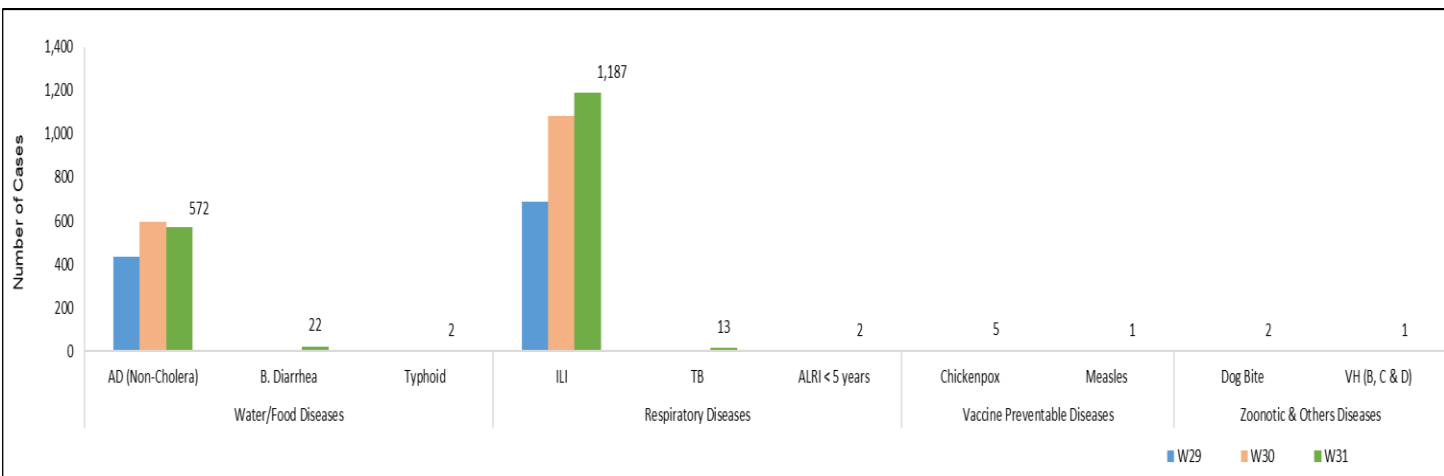




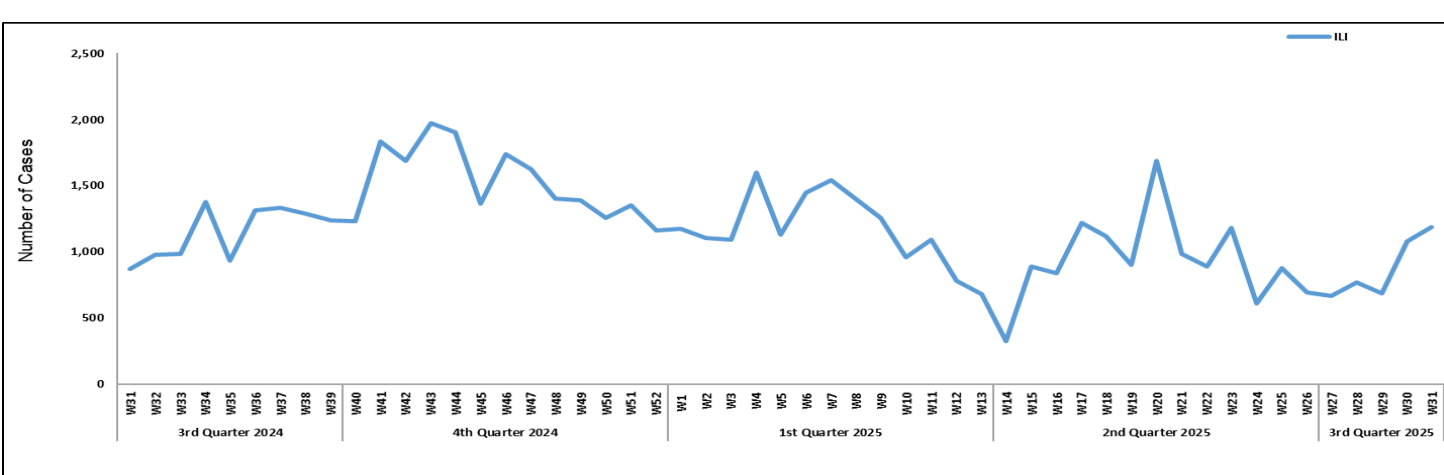
**Figure 11: Week wise reported suspected cases of ILI and AD (Non-Cholera)**



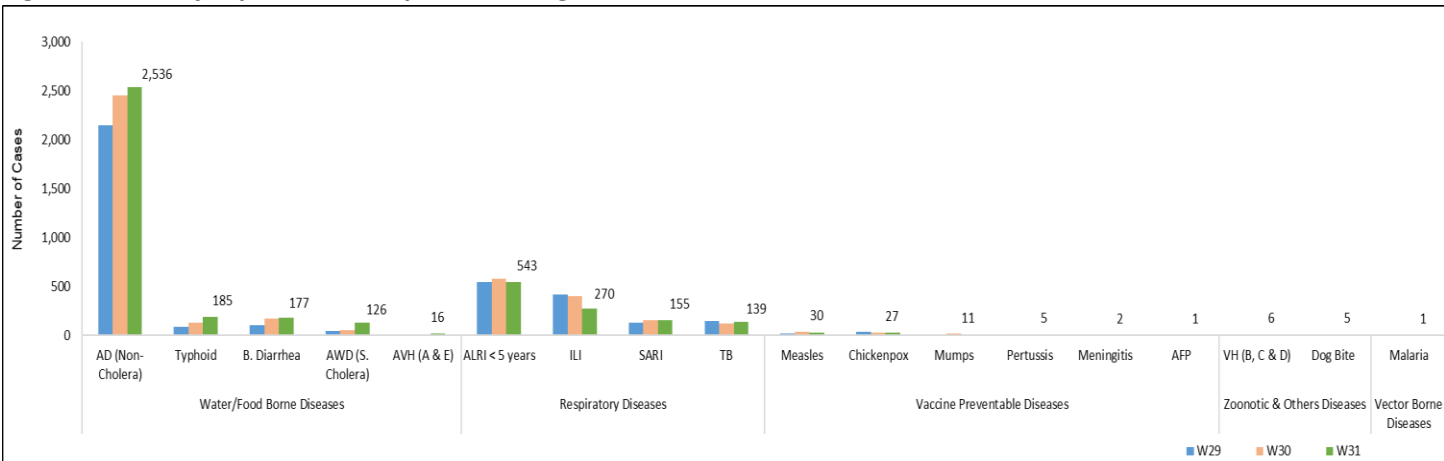
**Figure 12: Most frequently reported suspected cases during Week 31, ICT**



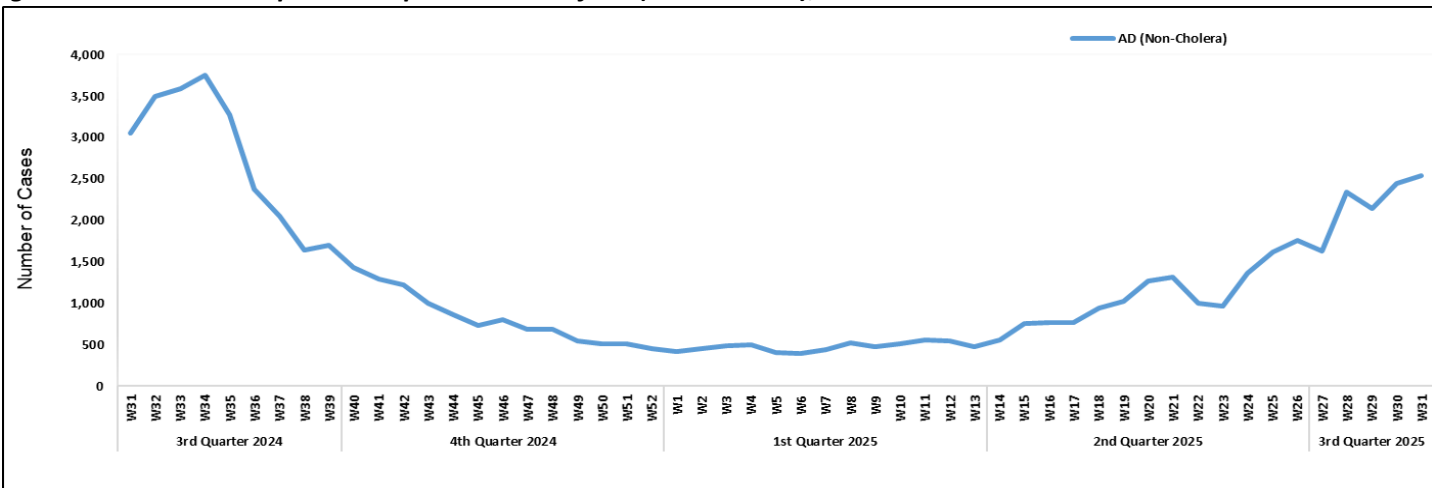
**Figure 13: Week wise reported suspected cases of ILI, ICT**



**Figure 14: Most frequent cases reported during Week 31, GB**



**Figure 15: Week wise reported suspected cases of AD (Non-Cholera), GB**



## Public Health Laboratories

**Table 5: Public Health Laboratories confirmed cases of IDSR Priority Diseases during Epi Week 31**

| Diseases         | Sindh      |           | Balochistan |           | KPK        |           | ISL        |           | GB         |           | Punjab     |           | AJK        |           |
|------------------|------------|-----------|-------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|
|                  | Total Test | Total Pos | Total Test  | Total Pos | Total Test | Total Pos | Total Test | Total Pos | Total Test | Total Pos | Total Test | Total Pos | Total Test | Total Pos |
| AWD (S. Cholera) | 195        | 0         | -           | -         | -          | -         | -          | -         | -          | -         | -          | -         | -          | -         |

|                                        |             |       |    |    |       |     |   |   |       |    |     |    |       |    |
|----------------------------------------|-------------|-------|----|----|-------|-----|---|---|-------|----|-----|----|-------|----|
| <b>Stool culture &amp; Sensitivity</b> | 287         | 1     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Malaria</b>                         | 10,104      | 1,039 | -  | -  | 33    | 23  | - | - | 120   | 1  | -   | -  | 81    | 4  |
| <b>CCHF</b>                            | 0           | 0     | 16 | 2  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Dengue</b>                          | 2,752       | 325   | 4  | 0  | 2     | 0   | - | - | -     | -  | -   | -  | 69    | 0  |
| <b>VH (B)</b>                          | 16,057      | 469   | 93 | 79 | 1,193 | 12  | - | - | 1,139 | 20 | -   | -  | 1,737 | 5  |
| <b>VH (C)</b>                          | 12,973      | 1,046 | 44 | 13 | 1,188 | 6   | - | - | 1,135 | 9  | -   | -  | 1,741 | 12 |
| <b>VH (D)</b>                          | 69          | 6     | 22 | 3  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>VH (A)</b>                          | 181         | 50    | -  | -  | 5     | 2   | - | - | 5     | 1  | -   | -  | -     | -  |
| <b>VH (E)</b>                          | 120         | 19    | -  | -  | 3     | 2   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Covid-19</b>                        | 25          | 0     | 2  | 0  | 1     | 0   | - | - | -     | -  | -   | -  | 13    | 0  |
| <b>TB</b>                              | 531         | 80    | -  | -  | 12    | 1   | - | - | 31    | 1  | -   | -  | 80    | 5  |
| <b>HIV/ AIDS</b>                       | 6,020       | 44    | -  | -  | 1,110 | 2   | - | - | 152   | 0  | -   | -  | 2,064 | 0  |
| <b>Syphilis</b>                        | 1,279       | 18    | -  | -  | 7     | 0   | - | - | 114   | 0  | -   | -  | -     | -  |
| <b>Typhoid</b>                         | 1,156       | 25    | -  | -  | -     | -   | - | - | 125   | 9  | -   | -  | -     | -  |
| <b>Diphtheria</b>                      | 2           | 1     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>ILI</b>                             | 25          | 2     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Pneumonia (ALRI)</b>                | 102         | 26    | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Meningitis</b>                      | 0           | 0     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Measles</b>                         | 129         | 50    | 18 | 6  | 270   | 120 | 5 | 1 | 17    | 12 | 332 | 67 | 29    | 6  |
| <b>Rubella</b>                         | 129         | 0     | 18 | 0  | 270   | 6   | 5 | 0 | 17    | 2  | 332 | 3  | 29    | 0  |
| <b>Rubella (CRS)</b>                   | 0           | 0     | -  | -  | 2     | 1   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Leishmaniasis (cutaneous)</b>       | 28          | 3     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Covid-19</b>                        | Out of SARI | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Influenza A</b>                     | Out of SARI | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>Influenza B</b>                     | Out of SARI | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
| <b>RSV</b>                             | Out of SARI | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |
|                                        | Out of ILI  | -     | -  | -  | -     | -   | - | - | -     | -  | -   | -  | -     | -  |

## IDSR Reports Compliance

- Out of 158 IDSR implemented districts, compliance is low from KP and Balochistan. Green color highlights >50% compliance while red color highlights <50% compliance

**Table 6: IDSR reporting districts Week 31, 2025**

| Provinces/Regions  | Districts                | Total Number of Reporting Sites | Number of Reported Sites for current week | Compliance Rate (%) |
|--------------------|--------------------------|---------------------------------|-------------------------------------------|---------------------|
| Khyber Pakhtunkhwa | Abbottabad               | 111                             | 103                                       | 93%                 |
|                    | Bannu                    | 238                             | 123                                       | 52%                 |
|                    | Battagram                | 59                              | 43                                        | 73%                 |
|                    | Buner                    | 34                              | 19                                        | 56%                 |
|                    | Bajaur                   | 44                              | 37                                        | 84%                 |
|                    | Charsadda                | 59                              | 59                                        | 100%                |
|                    | Chitral Upper            | 34                              | 30                                        | 88%                 |
|                    | Chitral Lower            | 35                              | 35                                        | 100%                |
|                    | D.I. Khan                | 114                             | 113                                       | 99%                 |
|                    | Dir Lower                | 74                              | 63                                        | 85%                 |
|                    | Dir Upper                | 37                              | 27                                        | 73%                 |
|                    | Hangu                    | 22                              | 10                                        | 45%                 |
|                    | Haripur                  | 72                              | 67                                        | 93%                 |
|                    | Karak                    | 36                              | 36                                        | 100%                |
|                    | Khyber                   | 53                              | 44                                        | 83%                 |
|                    | Kohat                    | 61                              | 61                                        | 100%                |
|                    | Kohistan Lower           | 11                              | 9                                         | 82%                 |
|                    | Kohistan Upper           | 20                              | 16                                        | 80%                 |
|                    | Kolai Palas              | 10                              | 9                                         | 90%                 |
|                    | Lakki Marwat             | 70                              | 69                                        | 99%                 |
|                    | Lower & Central Kurram   | 42                              | 3                                         | 7%                  |
|                    | Upper Kurram             | 41                              | 30                                        | 73%                 |
|                    | Malakand                 | 42                              | 18                                        | 43%                 |
|                    | Mansehra                 | 133                             | 79                                        | 59%                 |
|                    | Mardan                   | 80                              | 51                                        | 64%                 |
|                    | Nowshera                 | 56                              | 55                                        | 98%                 |
|                    | North Waziristan         | 13                              | 8                                         | 62%                 |
|                    | Peshawar                 | 156                             | 134                                       | 86%                 |
|                    | Shangla                  | 37                              | 36                                        | 97%                 |
|                    | Swabi                    | 64                              | 63                                        | 98%                 |
|                    | Swat                     | 77                              | 76                                        | 99%                 |
|                    | South Waziristan (Upper) | 93                              | 36                                        | 39%                 |
|                    | South Waziristan (Lower) | 42                              | 25                                        | 60%                 |
|                    | Tank                     | 34                              | 31                                        | 91%                 |
|                    | Torghar                  | 14                              | 14                                        | 100%                |
|                    | Mohmand                  | 68                              | 52                                        | 76%                 |
|                    | SD Peshawar              | 5                               | 0                                         | 0%                  |
|                    | SD Tank                  | 58                              | 4                                         | 7%                  |
|                    | Orakzai                  | 69                              | 11                                        | 16%                 |
| Azad Jammu Kashmir | Mirpur                   | 37                              | 37                                        | 100%                |
|                    | Bhimber                  | 42                              | 39                                        | 93%                 |
|                    | Kotli                    | 60                              | 60                                        | 100%                |
|                    | Muzaffarabad             | 45                              | 45                                        | 100%                |
|                    | Poonch                   | 46                              | 46                                        | 100%                |

|                             |                 |    |    |      |
|-----------------------------|-----------------|----|----|------|
|                             | Haveli          | 39 | 39 | 100% |
|                             | Bagh            | 40 | 40 | 100% |
|                             | Neelum          | 39 | 39 | 100% |
|                             | Jhelum Velley   | 29 | 29 | 100% |
|                             | Sudhnooti       | 27 | 27 | 100% |
| Islamabad Capital Territory | ICT             | 23 | 23 | 100% |
|                             | CDA             | 15 | 6  | 40%  |
| Balochistan                 | Gwadar          | 26 | 0  | 0%   |
|                             | Kech            | 44 | 37 | 84%  |
|                             | Khuzdar         | 74 | 14 | 19%  |
|                             | Killa Abdullah  | 26 | 23 | 88%  |
|                             | Lasbella        | 55 | 55 | 100% |
|                             | Pishin          | 69 | 39 | 57%  |
|                             | Quetta          | 55 | 36 | 65%  |
|                             | Sibi            | 36 | 34 | 94%  |
|                             | Zhob            | 39 | 7  | 18%  |
|                             | Jaffarabad      | 16 | 16 | 100% |
|                             | Naserabad       | 32 | 32 | 100% |
|                             | Kharan          | 30 | 30 | 100% |
|                             | Sherani         | 15 | 1  | 7%   |
|                             | Kohlu           | 75 | 32 | 43%  |
|                             | Chagi           | 36 | 21 | 58%  |
|                             | Kalat           | 41 | 40 | 98%  |
|                             | Harnai          | 17 | 15 | 88%  |
|                             | Kachhi (Bolan)  | 35 | 11 | 31%  |
|                             | Jhal Magsi      | 28 | 14 | 50%  |
|                             | Sohbat pur      | 25 | 25 | 100% |
|                             | Surab           | 32 | 16 | 50%  |
|                             | Mastung         | 45 | 45 | 100% |
|                             | Loralai         | 33 | 26 | 79%  |
|                             | Killa Saifullah | 28 | 19 | 68%  |
|                             | Ziarat          | 29 | 14 | 48%  |
|                             | Duki            | 31 | 0  | 0%   |
|                             | Nushki          | 32 | 0  | 0%   |
|                             | Dera Bugti      | 45 | 8  | 18%  |
|                             | Washuk          | 46 | 18 | 39%  |
|                             | Panjgur         | 38 | 0  | 0%   |
|                             | Awaran          | 23 | 14 | 61%  |
|                             | Chaman          | 24 | 0  | 0%   |
|                             | Barkhan         | 20 | 20 | 100% |
|                             | Hub             | 33 | 27 | 82%  |
|                             | Musakhel        | 41 | 2  | 5%   |
|                             | Usta Muhammad   | 34 | 33 | 97%  |
| Gilgit Baltistan            | Hunza           | 32 | 32 | 100% |
|                             | Nagar           | 25 | 20 | 80%  |
|                             | Ghizer          | 38 | 38 | 100% |
|                             | Gilgit          | 42 | 41 | 98%  |
|                             | Diamer          | 62 | 62 | 100% |
|                             | Astore          | 55 | 55 | 100% |
|                             | Shigar          | 27 | 25 | 93%  |

|       |                     |     |     |      |
|-------|---------------------|-----|-----|------|
|       | Skardu              | 53  | 53  | 100% |
|       | Ganche              | 29  | 29  | 100% |
|       | Kharmang            | 46  | 25  | 54%  |
| Sindh | Hyderabad           | 72  | 72  | 100% |
|       | Ghotki              | 64  | 64  | 100% |
|       | Umerkot             | 62  | 62  | 100% |
|       | Naushahro Feroze    | 107 | 102 | 95%  |
|       | Tharparkar          | 276 | 251 | 91%  |
|       | Shikarpur           | 60  | 60  | 100% |
|       | Thatta              | 52  | 52  | 100% |
|       | Larkana             | 67  | 65  | 97%  |
|       | Kamber Shadadkot    | 71  | 71  | 100% |
|       | Karachi-East        | 21  | 14  | 67%  |
|       | Karachi-West        | 20  | 20  | 100% |
|       | Karachi-Malir       | 35  | 33  | 94%  |
|       | Karachi-Kemari      | 22  | 22  | 100% |
|       | Karachi-Central     | 12  | 11  | 92%  |
|       | Karachi-Korangi     | 18  | 18  | 100% |
|       | Karachi-South       | 6   | 4   | 67%  |
|       | Sujawal             | 55  | 53  | 96%  |
|       | Mirpur Khas         | 106 | 105 | 99%  |
|       | Badin               | 124 | 124 | 100% |
|       | Sukkur              | 64  | 63  | 98%  |
|       | Dadu                | 90  | 90  | 100% |
|       | Sanghar             | 100 | 98  | 98%  |
|       | Jacobabad           | 44  | 44  | 100% |
|       | Khairpur            | 170 | 169 | 99%  |
|       | Kashmore            | 59  | 58  | 98%  |
|       | Matari              | 42  | 42  | 100% |
|       | Jamshoro            | 75  | 74  | 99%  |
|       | Tando Allahyar      | 54  | 54  | 100% |
|       | Tando Muhammad Khan | 41  | 41  | 100% |
|       | Shaheed Benazirabad | 122 | 122 | 100% |

**Table 7: IDSR reporting Tertiary care hospital Week 31, 2025**

| Provinces/Regions | Districts    | Total Number of Reporting Sites | Number of Reported Sites for current week | Compliance Rate (%) |
|-------------------|--------------|---------------------------------|-------------------------------------------|---------------------|
| AJK               | Mirpur       | 2                               | 2                                         | 100%                |
|                   | Bhimber      | 1                               | 1                                         | 100%                |
|                   | Kotli        | 1                               | 1                                         | 100%                |
|                   | Muzaffarabad | 2                               | 2                                         | 100%                |
|                   | Poonch       | 2                               | 2                                         | 100%                |
|                   | Haveli       | 1                               | 1                                         | 100%                |
|                   | Bagh         | 1                               | 1                                         | 100%                |



|       |                     |   |   |      |
|-------|---------------------|---|---|------|
|       | Neelum              | 1 | 1 | 100% |
|       | Jhelum Vellay       | 1 | 1 | 100% |
|       | Sudhnooti           | 1 | 1 | 100% |
| Sindh | Karachi-South       | 3 | 2 | 67%  |
|       | Sukkur              | 1 | 0 | 0%   |
|       | Shaheed Benazirabad | 1 | 0 | 0%   |
|       | Karachi-East        | 1 | 1 | 100% |
|       | Karachi-Central     | 1 | 0 | 0%   |
| KP    | Peshawar            | 3 | 0 | 0%   |
|       | Swabi               | 1 | 0 | 0%   |
|       | Nowshera            | 1 | 0 | 0%   |
|       | Mardan              | 1 | 1 | 100% |
|       | Abbottabad          | 1 | 0 | 0%   |
|       | Swat                | 1 | 0 | 0%   |

## Letter to Editor

### Malnutrition and Stunting in Children Under Five in Pakistan

Dear Editor,

I wish to highlight the persistent and deeply troubling crisis of malnutrition and stunting among children in Pakistan. Despite years of programs and pledges, our nation continues to face one of the highest rates of child stunting in the world.

According to the National Nutrition Survey (2018), about 38% of children under five in Pakistan are stunted and nearly 30% are underweight. This is not merely a statistic it represents millions of young lives whose physical growth and cognitive potential are being permanently limited by poor nutrition and social neglect. These numbers reflect a chronic public health failure that spans decades. Malnutrition is not caused by food scarcity alone; it stems from a complex mix of poverty, inadequate maternal nutrition, low education, poor sanitation, and limited access to health services. In simple terms, it is a product of systemic inequity.

The problem often begins before a child is even born. Many mothers enter pregnancy malnourished and anemic, leading to low birth weights and underdeveloped infants. Inadequate prenatal care and lack of dietary guidance further compound these risks. After birth, early initiation of breastfeeding and exclusive breastfeeding for the first six months are not widely practiced, either due to lack of awareness or social pressures. The introduction of complementary feeding is often delayed or inappropriate, exposing infants to infections and nutrient deficiencies.

In rural areas, where poverty is deepest, families often rely on monotonous diets dominated by wheat or rice, with limited intake of fruits, vegetables, or proteins. In urban slums, the challenge is different but equally dangerous cheap processed foods high in salt, sugar, and

unhealthy fats are replacing traditional meals, creating a paradox of malnutrition amid plenty.

Government programs such as the Ehsaas Nashonuma initiative and the Benazir Income Support Programme have made commendable progress in linking nutrition with social protection, but their coverage remains limited compared to the scale of need. Nutrition interventions are still fragmented across ministries health, food security, education, and social welfare without strong coordination. This fragmentation undermines efficiency and accountability.

To address malnutrition effectively, Pakistan must recognize that it is not just a health issue but a development challenge. The first 1,000 days of life from conception to a child's second birthday are critical. Investments during this window yield lifelong returns in health, learning ability, and productivity. Community-based nutrition education for mothers and caregivers should be expanded through Lady Health Workers (LHWs), who are the frontline of our health system.

At the same time, food fortification needs to be institutionalized. Wheat flour, edible oil, and salt must be fortified with essential vitamins and minerals to address widespread deficiencies of iron, iodine, and vitamin A. The private sector, which dominates food production, should be legally bound and technically supported to ensure compliance.

Sanitation and safe water also play a vital role. Repeated infections caused by poor hygiene prevent children from absorbing nutrients even when food is available. The integration of nutrition with WASH (Water, Sanitation, and Hygiene) programs is therefore essential.

Education, particularly for girls, is another key factor. An educated mother is far more likely to understand the importance of balanced nutrition, breastfeeding, and timely healthcare. Empowering women with knowledge and economic independence is one of the most effective long-term strategies against malnutrition.



Finally, the role of media and community leaders cannot be overstated. Awareness campaigns in local languages, led by trusted voices, can shift public behavior more effectively than official circulars. We must make nutrition a national conversation, not a technical footnote in policy documents.

A nation's future depends on its children. Every stunted child represents lost human potential a loss that no economy can afford. Pakistan cannot aspire to development while millions of its youngest citizens begin life malnourished. Ensuring proper nutrition is not charity; it is an investment in our collective survival.

It is time for political leaders, health professionals, and communities to unite behind a single, clear goal: that no child in Pakistan should suffer from preventable malnutrition. The moral, social, and economic case for action is overwhelming. What remains is the will to act.

**Dr. Hamza Ikram**

**Scientific Officer, CDC**

**National Institute of Health**

## Knowledge Hub

### Influenza-Like Illness (ILI): What You Need to Know

**Influenza-Like Illness (ILI)** is a medical term used to describe a sickness that feels like the flu (influenza) but is not necessarily confirmed as influenza. It is characterized by a high temperature and respiratory symptoms. Public health agencies track ILI to monitor flu outbreaks and other respiratory viruses in the community.

#### What is ILI?

ILI is a defined set of symptoms used for surveillance (tracking illnesses). A case of ILI is typically defined as a person presenting with:

1. **Fever** (or feeling feverish/chills), AND
2. A **cough** AND/OR **sore throat**.

While the flu is a common cause of ILI, other viruses can cause the same symptoms, including:

- **Rhinoviruses** (common cold)
- **Respiratory Syncytial Virus (RSV)**

- **Adenoviruses**
- **Coronaviruses** (including SARS-CoV-2, which causes COVID-19)

### How is ILI Spread?

The viruses that cause ILI are spread in similar ways, primarily through **respiratory droplets** produced when an infected person coughs, sneezes, or talks.

- **Airborne transmission:** Droplets containing the virus travel through the air and are inhaled by others.
- **Direct contact:** Touching an infected surface or object (a fomite) that has the virus on it, and then touching your own mouth, nose, or eyes.

People are generally contagious from one day before symptoms begin until about 5 to 7 days after they become sick.

### Signs & Symptoms

The sudden onset of symptoms and the presence of a fever are key characteristics that distinguish ILI from a simple cold.

| Symptom            | Influenza-Like Illness (ILI) / Flu | Common Cold  |
|--------------------|------------------------------------|--------------|
| Fever              | High starts suddenly               | Rare or mild |
| Headache           | Common and often severe            | Rare         |
| Muscle Aches/Pains | Common and often severe            | Slight       |
| Fatigue/Weakness   | Can last for weeks                 | Mild         |
| Sore Throat        | Common                             | Common       |
| Stuffy/Runny Nose  | Sometimes                          | Common       |
| Sudden Onset       | Typical                            | Gradual      |

### Complications

While many people recover from ILI without lasting issues, the illnesses can lead to serious



complications, particularly for **bacterial infections**.

Complications are more likely in **high-risk groups**:

- Young children (especially under 5).
- Adults over 65.
- People with chronic health conditions (e.g., asthma, diabetes, heart disease).
- Pregnant individuals.

Potential severe complications include:

- **Pneumonia** (a lung infection, which can be viral or bacterial).
- **Bronchitis** and other respiratory illnesses.
- **Myocarditis** (inflammation of the heart).
- **Encephalitis** (inflammation of the brain).
- Worsening of chronic health problems (e.g., congestive heart failure or asthma).

### Prevention

Prevention focuses on vaccination and excellent hygiene, particularly for the most common cause, influenza.

- **Vaccination (Flu Shot):** Get a **seasonal influenza vaccine** every year. The vaccine helps your body build immunity against the flu strains expected to circulate that season, reducing the risk of severe illness, hospitalization, and death.
- **Good Hygiene:**
  - **Wash hands frequently** with soap and water for at least 20 seconds.
  - Use an alcohol-based hand sanitizer if soap and water are not available.
  - **Cover your mouth and nose** with a tissue when coughing or sneezing, or use your elbow.
  - Avoid touching your eyes, nose, and mouth.

- **Social Distancing:** Stay home when you are sick to avoid spreading germs to others.

### Diagnosis and Treatment

- **Diagnosis:** If a patient meets the ILI criteria, a healthcare provider may perform a **rapid diagnostic test** (like a nasal or throat swab) to quickly check for influenza or other specific viruses like COVID-19 or RSV. Identifying the specific virus is important for treatment decisions.

#### Treatment:

**Rest and Fluids:** The vast majority of ILI cases are viral and resolve with supportive care: getting plenty of **rest** and drinking **fluids** to stay hydrated.

**Over-the-Counter Medicine:** Medications like acetaminophen (paracetamol) or ibuprofen can help reduce fever and relieve aches.

**Antiviral Medication (for Flu):** If influenza is suspected or confirmed, a healthcare provider may prescribe antiviral drugs (like oseltamivir or baloxavir). These work best when started **within 48 hours** of the onset of symptoms and are primarily recommended for people at high risk of complications.

#### More Information

For additional authoritative information on influenza and ILI surveillance, please visit:

**Centers for Disease Control and Prevention (CDC):** <https://www.cdc.gov/flu/index.htm>

**World Health Organization (WHO):** [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))

**Public Health Agency of Canada (PHAC):** <https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html>

**UK Health Security Agency (UKHSA) / National Health Service (NHS):** <https://www.nhs.uk/conditions/flu/>



# Seasonal influenza

Information for health workers

## Source of infection

Airborne diseases involving droplets. Spreads through coughing, sneezing or talking to an infected person.



## Risk & prevention

Health care workers are at greater risk of being exposed to influenza, especially doctors and nurses. You can protect yourself by:



Getting vaccinated every year



Keeping a safe distance



Wearing personal protective equipment



Keeping clinics and hospitals well ventilated



Washing hands regularly



Adopting good infection prevention and control measures

At hospitals ensure:



Soap and water are available at all times



Hospitals are regularly cleaned with disinfectants

## Symptoms



High fever



Runny nose



Headaches



Cough



Muscle and joint pain

Actions to take in case of symptoms:



In case of symptoms, immediately start treatment and inform your supervisor. Stay at home and rest until you have made a full recovery.



World Health Organization  
REGIONAL OFFICE FOR THE Eastern Mediterranean

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