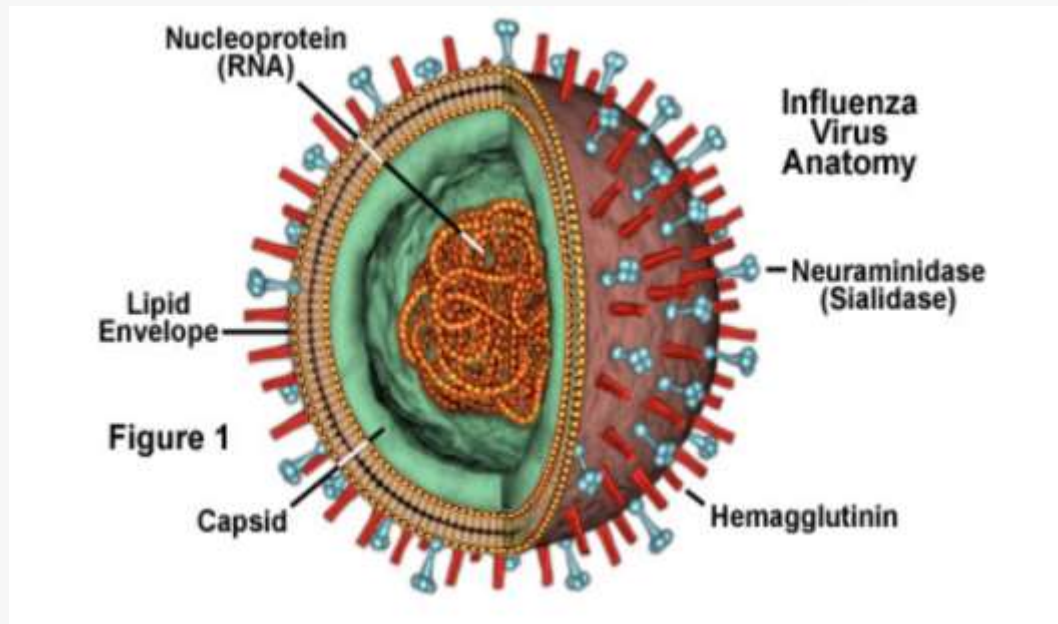


Berkenalan dengan Superflu, Siapakah Dia?

Apakah itu Superflu ?

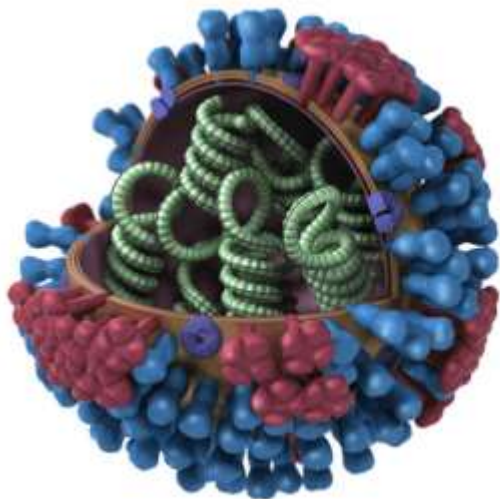
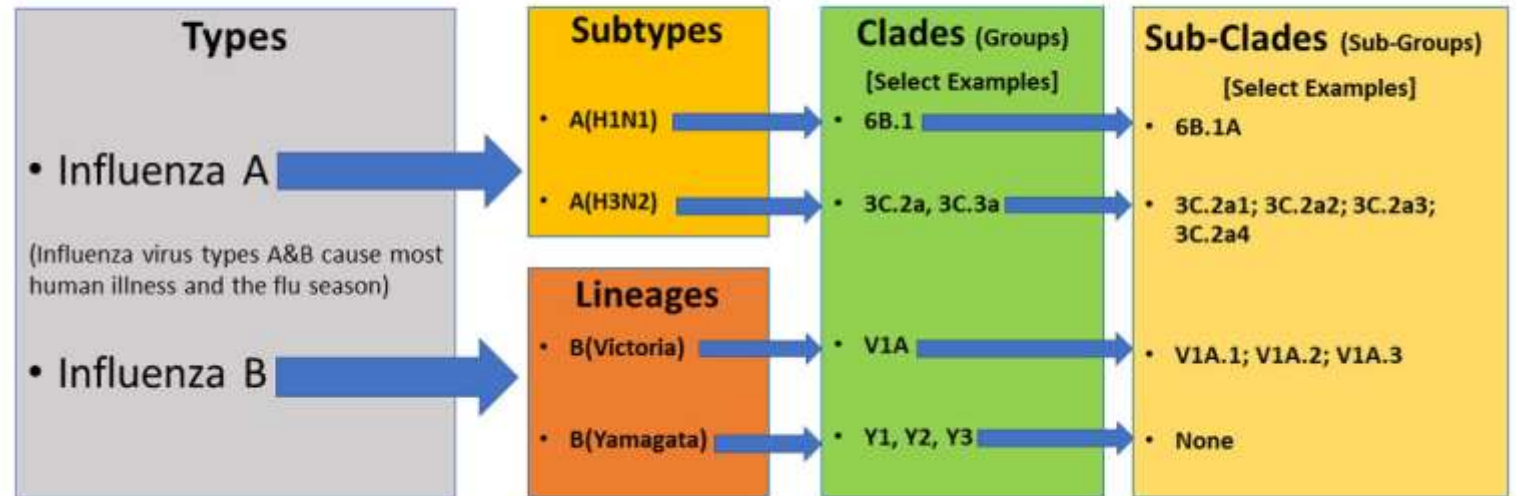
- Flu yang disebabkan oleh Influenza A (H3N2) J.2.4.1 atau Subclade K



Jenis virus Influenza

- Influenza A
- Influenza B
- Influenza C
- Influenza D

Human Seasonal Influenza Viruses



Kenapa disebut Superflu?

- Penularan yang cepat
 - tergantung musim
- Dominasi varian H3N2 subclade K
 - tren seasonal flu -> seolah infeksi lebih intens
- Peningkatan kasus di banyak negara secara bersamaan.

Epidemiologi

- WHO :
 - mencapai 34 negara
- Indonesia :
 - Desember 2025 -> tercatat 62 kasus influenza A(H3N2) subclade K yang tersebar di delapan provinsi. Provinsi dengan jumlah kasus tertinggi adalah Jawa Timur, Kalimantan Selatan, dan Jawa Barat.

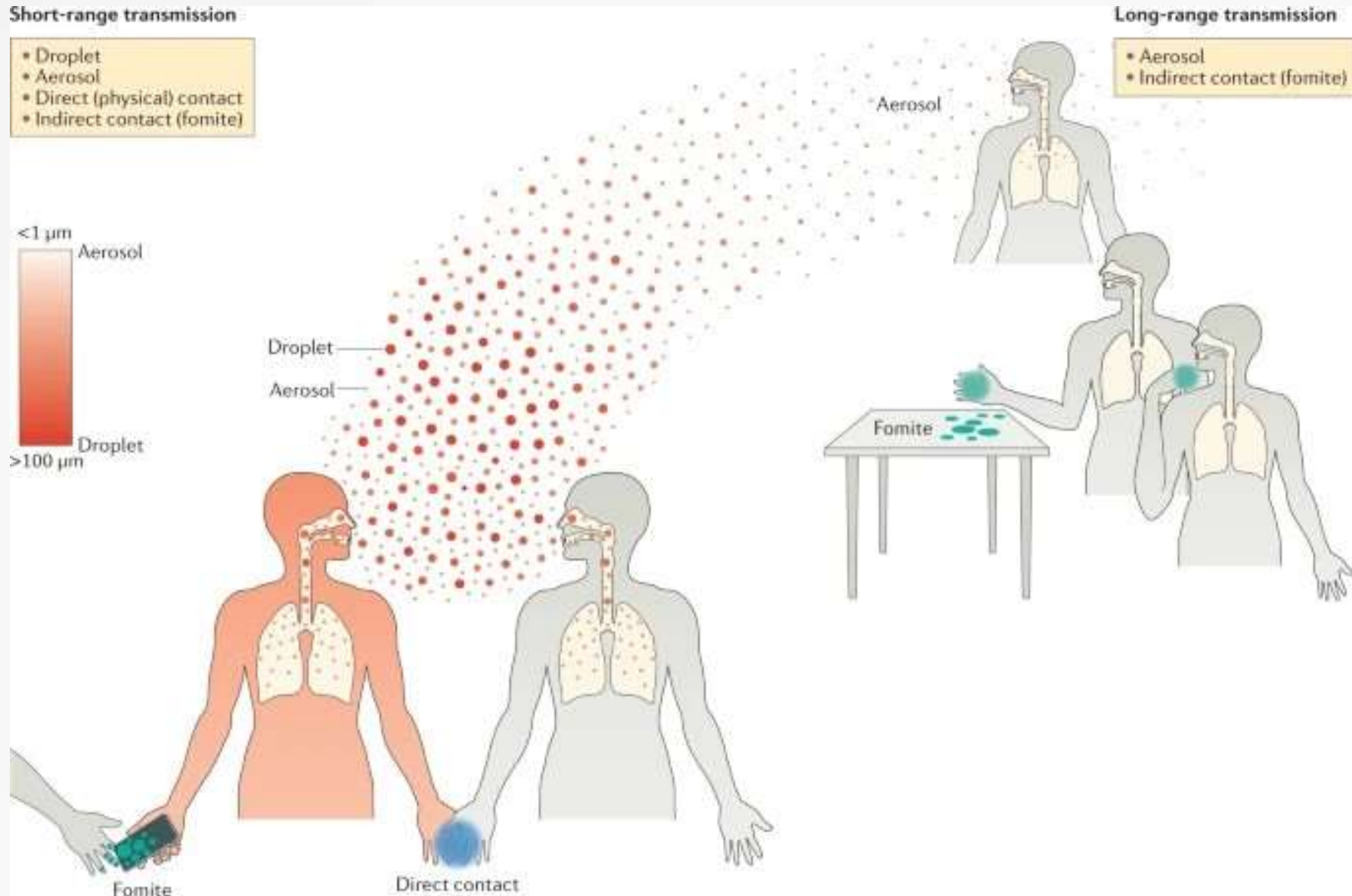
SUPERFLU SYMPTOMS



Penularan

Short-range transmission

- Droplet
- Aerosol
- Direct (physical) contact
- Indirect contact (fomite)



Long-range transmission

- Aerosol
- Indirect contact (fomite)

Diagnosis

- rt-PCR
- Rapid antigen



Tatalaksana

- Simtomatis
- Antiviral
 - Efektif diberikan 1-2 hari pertama
 - Indikasi :
 - pasien dengan faktor risiko
 - kasus sedang-berat
 - Regimen :
 - Oseltamivir
 - Zanamivir

Risk & prevention

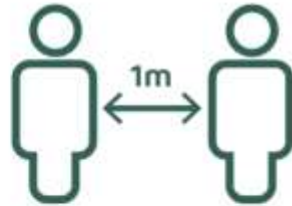
Older adults, pregnant women, individuals with underlying health conditions and children are at high risk of developing life-threatening conditions from seasonal influenza. They can protect themselves and others by:



Taking an annual influenza shot



Wearing a mask



Keeping a safe distance



Sneezing or coughing into a folded arm



Regularly washing hands with soap



Avoiding crowded and non-ventilated places

Vaksinasi

- Vaksin influenza melindungi
 - Influenza A (H1N1, H3N2)
 - Influenza B (Victoria lineage)
- Interval 1 tahun
 - penurunan kemampuan perlindungan
 - virus yang bersifat dinamis

Referensi

- CDC
- WHO (<https://www.who.int/emergencies/disease-outbreak-news/item/2025-DON586>)