



FLU SEASON IS HERE

Each year, an estimated 3-5 million* people suffer from severe strains of flu.

Make sure you're not one of them.



With the Cigna Wellbeing® App, you can access doctors 24/7. So, next time you feel under the weather, use the App and we'll help you to get back on track - from the comfort of your own location.

Download the app now!**



All pictures used for illustrative purposes only.

Log in to access doctors 24/7***

Global access to personalised care in the palm of your hand, including health and well-being tips, medical guidance and more.



Schedule virtual and in-office appointments***



Access to care from your own home or location



Free, unlimited and easy to use



Confidential referrals and prescriptions***

* World Health Organization, [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)), 2018

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Together, all the way.®



FLU: SYMPTOMS, TREATMENT AND PREVENTION

All you need to know to help stay well.



Key facts.



It's a highly contagious disease occurring most often in winter months



Getting an annual vaccination is the best way to prevent it



Typical treatment includes antihistamines and anti-inflammatory medications



It can be especially serious for children, the elderly and the chronically ill

How does it spread?

Influenza is a viral disease that affects the airways and is most commonly transmitted from person to person via coughing and sneezing.

What are the symptoms?

The most frequent symptoms are malaise, fever, headache and fatigue. Other possible symptoms include:

Muscle aches



Dry cough



Nasal discharge or congestion



Sore throat



Prevention tips

Getting the flu vaccine every year in the autumn is the best way to avoid contracting the flu.

You can also:

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Drink water to stay hydrated.
- Open the windows to let air circulate.
- Add ginger to food to boost your immune system

Treatment

Most people recover from the flu without needing an in-person medical visit.

The basic measures in the treatment of flu are:

- Resting.
- Increasing your intake of fluids, especially natural teas and juices.
- Taking medications. Be sure to ask your doctor about which over-the-counter medications may best help relieve your symptoms.

The content of this page is from the following sources: World Health Organization, [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)), 2018. | National Foundation for Infectious diseases, <http://www.nfid.org/influenza>, accessed , 2019.

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

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