

# BE PREPARED FOR FLU SEASON

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



## 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 severe for children, the elderly and the chronically ill

## How does it spread?

Influenza, also known as flu, is a viral disease that affects the airways and is most commonly spread between people when coughing, sneezing, talking or just by touching something that has the virus on it.

## What are the symptoms?

The most frequent symptoms are general feeling of being unwell, fever, headache and fatigue. Other possible symptoms include:

Muscle aches



Dry cough



Runny nose or congestion



Sore throat



## Prevention tips

Getting a flu vaccine every year in the autumn before flu season begins, offers the best protection.

You can also:

- Wash your hands often with soap and water for at least 20 seconds, 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.
- Eat a balanced diet to boost your immune system.

## Treatment

Most people recover from 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.

Together, all the way.<sup>SM</sup>



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