

BE PREPARED FOR FLU SEASON

Each year, an estimated 3-5 million* people suffer severe illness from the 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 the flu vaccine 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, 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 the 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 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 healthcare provider about which over-the-counter medications may best help relieve your symptoms.

* 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)), 27 September 2021. Additional sources: National Foundation for Infectious diseases, <http://www.nfid.org/influenza>. Accessed 27 September 2021.

Together, all the way.SM



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