

# FLU

## FACT SHEET



Acute **viral infection** caused by influenza virus.



The virus infects the **nose, throat** and **lungs**.

### Symptoms



Fever



Cough



Sore throat



Runny or stuffy nose



Head and muscle aches

### How does it spread?



Coughing and sneezing



Touching contaminated surfaces



Personal contact

### Prevention



Wash your hands



Avoid close contact with infected people



Clean and disinfect contaminated surfaces



Get yourself vaccinated every year

### What should I do if I get the flu?



If you are otherwise fit and healthy, there is usually no need to see a doctor if you have flu-like symptoms. The best remedy is to keep warm and drink plenty of water to avoid dehydration. It usually lasts for about a week. However, in case the symptoms don't improve over time, it can be treated with the help of prescription medications called 'Antiviral Drugs'. These drugs can lessen symptoms and shorten the time you are sick by 1 or 2 days. They are different from antibiotics, which fight bacterial infections and not viruses.

Sources:  
WHO ([www.who.int](http://www.who.int))  
Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))

NHS ([www.nhs.uk](http://www.nhs.uk))  
WebMD ([www.webmd.com](http://www.webmd.com))

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.