

Flu



There are many serious diseases in the world.
Flu is one of the most common and widely spread illnesses



Speaking about influenza, we should mention that it's a viral infection. When someone in your surrounding has the flu you should be careful not to catch it.



It is usually manifested by fever, strong headache, muscle pain, cough, running nose, sometimes sore throat or earache.



At the moment, there are three basic forms of influenza known in the world: A, B and C

Influenza types

- | | |
|---------------|--|
| Type A | Potentially severe illness
Epidemics and pandemics
Rapidly changing |
| Type B | Usually less severe illness
Epidemics
More uniform |
| Type C | Usually mild or asymptomatic illness
Minimal public health impact |

One of the best ways to conquer the flu is to stick to bed rest and to drink lots of hot tea

FLU SYMPTOMS

INFLUENZA INFOGRAPHIC

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The infographic illustrates six common flu symptoms using cartoon illustrations of a man. 1. **HIGH FEVER**: A man in bed with a thermometer in his mouth and a red fever line on his forehead. 2. **PAIN IN MUSCLES**: A man holding his arm with red lightning bolts indicating pain. 3. **COUGH**: A man coughing into his elbow. 4. **RHINITIS**: A man blowing his nose into a tissue. 5. **SORE THROAT**: A man holding his throat with red lightning bolts. 6. **HEADACHE**: A man holding his head with red lightning bolts.

PREVENTION

The infographic shows six prevention methods, each in a circular icon with a green checkmark: 1. Wearing a face mask. 2. Washing hands with soap and water. 3. Avoiding close contact with sick people. 4. Drinking water. 5. Washing hands with soap and water. 6. Eating healthy food like broccoli, carrots, and apples.

In order not to get the flu,
you need to ventilate the
room regularly.

Drinking lots of substances
with vitamin C might also
help.

7 WAYS TO FIGHT THE FLU

How are you going to fight the flu today?



Get your flu shot



Wash your hands



Stop smoking



Avoid touching
your face



Eat your fruits
and veggies



Sneeze and cough
into your elbow



Stay home if
you're sick

 kp.org/mydoctor/flu

Flu Shot Hotline:
1-800-KP-FLU-11 (1-800-573-5811)
Flu vaccinations begin on September 27.



Doctors have invented another useful method of avoiding the influenza which is vaccination and many people today stick to it.



