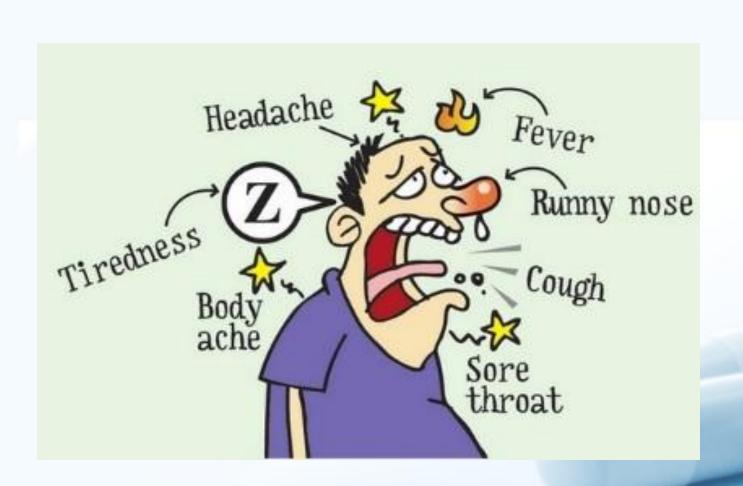


There are many serious diseases in the world.
Flu is one of the most common and widely spread illnesses



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



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

Np.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.

