

FLU: coping with it and preventing it

Seasonal flu! It's a nuisance! Discomfort, body pains...! Get a better understanding of the illness, be aware of the symptoms and follow these tips to prevent yourself from catching it.

What is it?

Flu is a highly-contagious acute respiratory infection caused by a virus called myxovirus influenzae that is not specific to humans (it also infects domestic and wild animals). There are three types of virus: A, B and C.

Most people will recover from flu within a week or 10 days, but some – including pregnant women, people aged over 65, adults and children with chronic conditions – are at greater risk of more severe complications (e.g. pneumonia, bacterial infection).

How flu spreads?

The flu virus spreads through respiratory droplets from people who are already infected, through coughs, sneezes or just by talking with them. It is also spread by direct contact with objects contaminated with the flu virus, such as door handles, telephones, etc.

Always remember!
Eat healthily and be physically active in order to keep your immune system strong.

source: www.biomedcentral.com
www.m.webmd.com/cold-and-flu/prevention-relief-13/slideshow-cold-flu-tips

Preventive measures

You can play an active role in staying healthy and preventing the spread of seasonal flu in your workplace and at home if you:

- Get your annual flu jab;
- Wash your hands frequently with soap and warm water for at least 20 seconds;
- Cough and sneeze into your arm, not your hand;
- Keep your hands away from your face;
- Keep common surfaces, such as door handles, light switches, telephones and keyboards clean and disinfected;
- If you get sick, stay at home until your symptoms are gone. Contact your doctor if your symptoms get worse.

