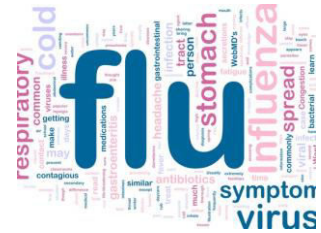


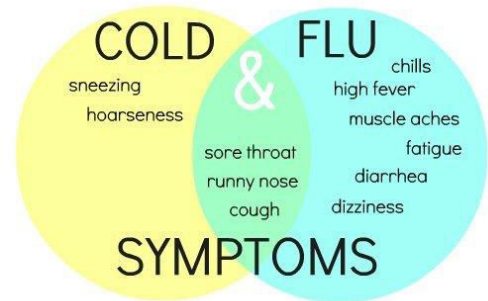
Bitter cold of winters is giving way to the milder and pleasant chill of the spring. This change of season although welcome, brings with it some infections and flu is one of them.

Knowing and understanding this commonly occurring ailment can help us in handling it better.



Symptoms

Flu has many symptoms similar to common cold and is many times confused as common cold. Typical signs of flu include high-grade temperature, chills, muscle aches, headaches, sore throat, dry cough and just plain feeling ill. Flu may also cause vomiting and diarrhoea. These flu symptoms usually last for three to four days, but cough and tiredness may linger for up to two weeks after the fever has gone away. Unlike symptoms of a common cold, flu symptoms usually come on suddenly. Also a common cold rarely causes a temperature over 38°C.



Common Flu Complications

The most common flu complications include viral or bacterial pneumonia and muscle inflammation (myositis)

Other flu complications may include ear infections, sinus infections, dehydration and worsening of chronic medical conditions such as congestive heart failure, asthma or diabetes.

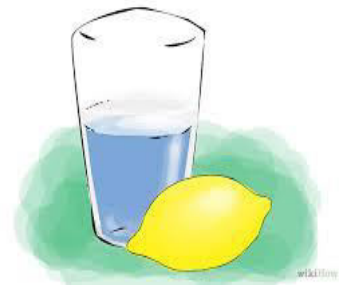
Those at highest risk of flu complications include adults over 65, children six months old to five years old, nursing home residents, adults and children with long-term health conditions such as heart or lung disease, people with compromised immune systems (including people with HIV/AIDS) and pregnant women.

Treating a Flu

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Over-the-counter medications may relieve some flu symptoms and can reduce discomfort. But they will not make you less contagious.

Flu symptoms can be treated without medication by:

- Getting plenty of rest
- Drinking clear fluids like water, broth, sports drinks, or electrolyte beverages to prevent becoming dehydrated
- Placing a cool, damp washcloth on your forehead, arms, and legs to reduce discomfort associated with a fever
- Putting a humidifier in your room to make breathing easier



You Can Prevent Spread of Flu



**Cover
your
cough.**



**If you're
sick, avoid
public
gatherings.**



**Wash
your
hands.**



**Avoid
touching
your eyes,
nose or
mouth.**