



# I spy... FLU

Flu is a virus which is highly infectious and can easily spread from person to person via the droplets caused by coughs and sneezes.

Flu can cause a variety of symptoms and some people can become so unwell that they need hospitalisation.

## Symptoms of flu include:

- Sudden high temperature.
- Chills and fever.
- Aching, feeling tired or fatigued.
- Headache.
- Dry cough.
- Sore throat.
- Nausea and vomiting.
- Diarrhoea.
- Loss of appetite.

Flu viruses can live on your hands and other surfaces for up to 24 hours.

Flu is considered a seasonal infection and tends to affect people in the winter.



Taking antibiotics will not help you recover from flu. The best medicine is self-care including:

- Resting and sleeping.
- Staying hydrated.
- Keeping warm.
- Taking paracetamol or ibuprofen to reduce a temperature and help ease pain.

You can reduce the risk of spreading flu by:

- Washing hands frequently.
- Covering your mouth and nose when coughing or sneezing.
- Throw used tissues away as soon as possible.

The best way to help prevent flu is to get a flu vaccine. Contact your GP to see if you are eligible.