



Flu

The flu, also known as influenza, is a contagious respiratory illness caused by influenza viruses. It can affect people of all ages and can lead to mild to severe symptoms, and in some cases, even death. The flu typically occurs in seasonal outbreaks during the fall and winter months in temperate regions.

Common symptoms of the flu include:

1. Fever
2. Cough
3. Sore throat
4. Runny or stuffy nose
5. Body aches
6. Headache
7. Fatigue
8. Chills
9. Nausea or vomiting (more common in children)

It's important to note that the symptoms of the flu can be similar to those of other respiratory illnesses, such as the common cold. However, the flu tends to cause more severe symptoms and can result in complications, especially in certain high-risk groups like young children, the elderly, pregnant women, and individuals with weakened immune systems or underlying health conditions.

The flu can spread from person to person through respiratory droplets when an infected person coughs, sneezes, or talks. It can also be contracted by touching surfaces or objects contaminated with the virus and then touching the mouth, nose, or eyes.

Prevention and treatment options for the flu include:

Annual flu vaccination: Getting vaccinated is the most effective way to prevent the flu and its complications. The flu vaccine is updated each year to target the most prevalent strains of the virus.

1. **Good hygiene practices:** Wash your hands frequently with soap and water, especially after coughing, sneezing, or being in public places. If soap and water are not available, use alcohol-based hand sanitisers. Avoid touching your face, particularly your mouth, nose, and eyes.
2. **Covering your mouth and nose:** When coughing or sneezing, use a tissue or your elbow to cover your mouth and nose to prevent the spread of respiratory droplets.
3. **Antiviral medications:** If you are at high risk for flu complications or have severe symptoms, your doctor may prescribe antiviral medications to help reduce the severity and duration of the illness.

If you suspect you have the flu, it's recommended to consult your doctor at SunStar Clinics for an accurate diagnosis and appropriate treatment.