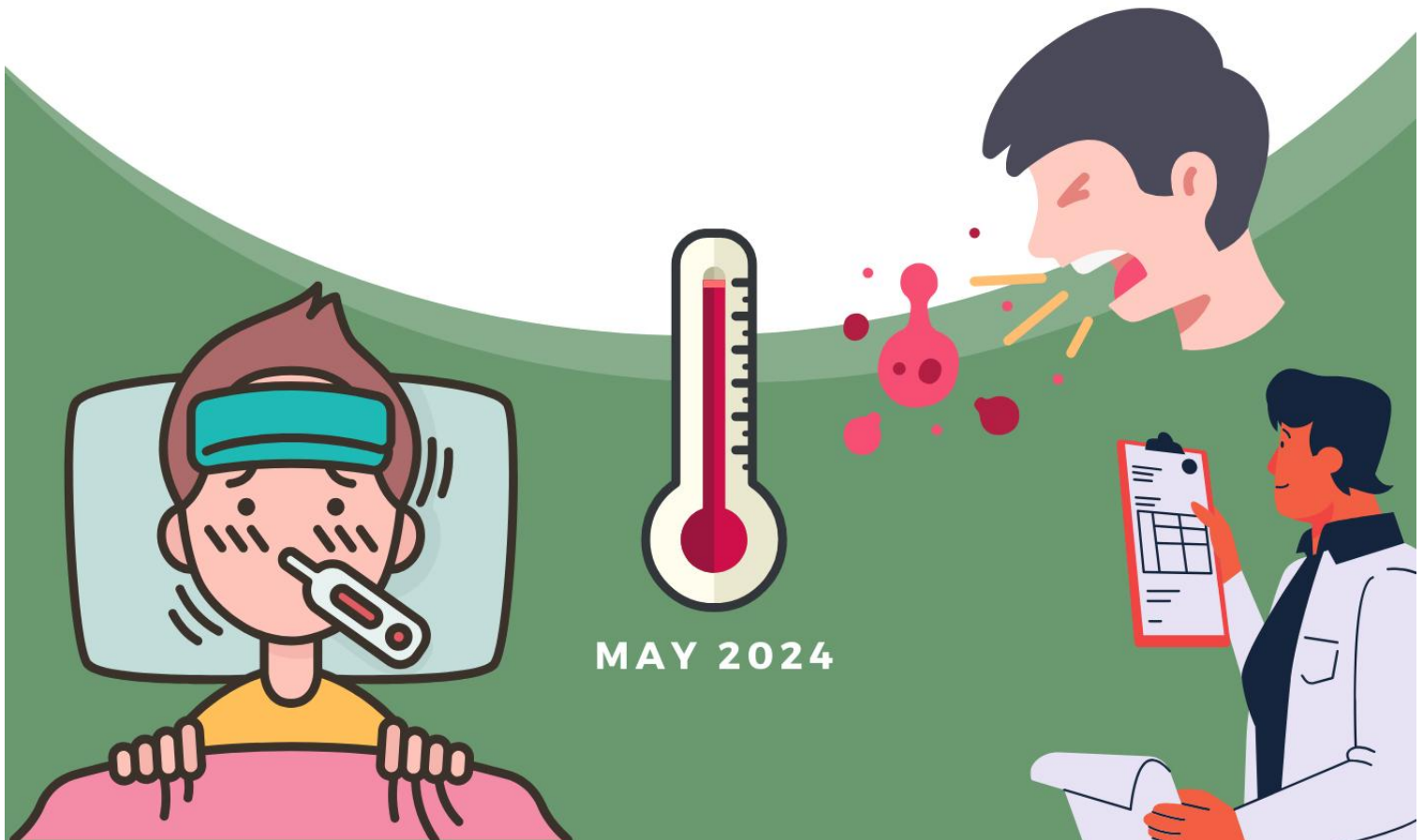


MEDICAL BULLETIN
MAY 2024

INFLUENZA

Influenza, also known as the flu, is a respiratory illness caused by influenza viruses. The flu is highly contagious and can spread quickly from person to person through droplets in the air when an infected person talks, coughs or sneezes. The virus can also spread by touching surfaces contaminated with the virus and then touching your nose, mouth or eyes.

Most people recover from the flu within a few days to a week without any complications. However, certain groups of people are at higher risk of developing severe complications, such as pneumonia or worsening of existing health conditions. These groups include young children, elderly individuals, pregnant women, and people with chronic medical conditions such as asthma, diabetes, or heart disease.



PREVENTION TIPS

The symptoms of influenza can range from mild to severe and can include:

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Muscle or body aches
- Fatigue

In some cases, people may also experience vomiting and diarrhea, although this is more common in children than adults.

The best way to prevent the flu is to get an annual flu vaccine. Other preventive measures include washing your hands frequently with soap and water, avoiding close contact with sick people, covering your nose and mouth when coughing or sneezing, and staying home when you are sick.

If you suspect that you have the flu, it is important to stay home to avoid spreading the virus to others. Over-the-counter medications such as pain relievers, fever reducers, and decongestants can help manage symptoms. However, if you are at high risk of developing complications, or if your symptoms are severe, you should seek medical attention. Your doctor may prescribe antiviral medications, which can help reduce the severity of symptoms and shorten the duration of illness.

