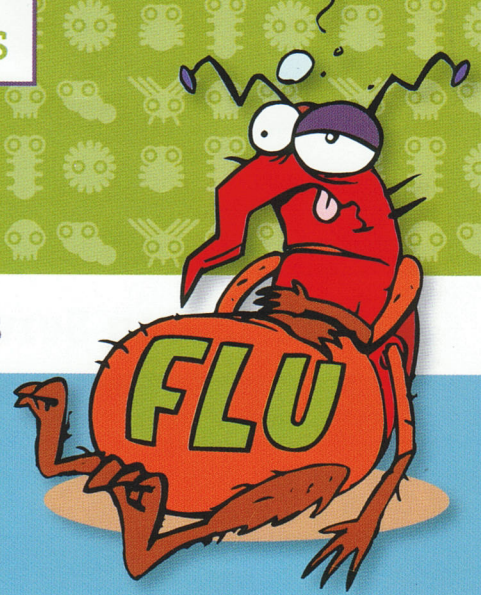


AllCare Living Services, Inc. Presents

Flu Prevention



Influenza (The Flu)

1 Definition

Influenza, more commonly known as the flu, is a viral infection caused by the influenza virus. There are two main types of influenza (flu) viruses: Types A and B.

2 Transmission

Flu viruses are largely spread from person to person when people with the live virus cough or sneeze near others. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick.

3 Symptoms

Fatigue and fever are the major symptoms of the influenza virus, which sets it apart from the common cold symptoms.

4 Prevention

A good way to prevent all viral infections is to stop the transmission. As with the cold virus, frequent and proper hand washing is an effective way to stop the spread.

5 Treatment

The main treatment for influenza is to rest adequately, drink plenty of fluids, and avoid exertion. Normal activities may resume 24 to 48 hours after the body temperature returns to normal, but most people take several days to fully recover.

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