

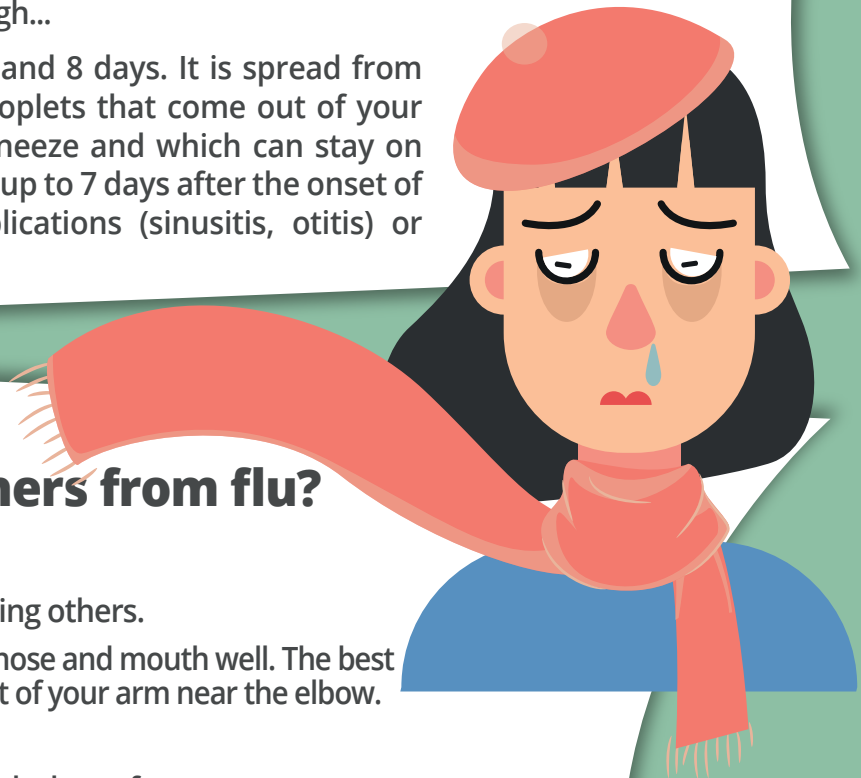
FLU

This is an illness caused by a virus more common in autumn and winter. It comes on suddenly with high fever (more than 38°). It is usually accompanied by chills, general discomfort, headaches, aching muscles and joints, runny eyes, cough...

These symptoms usually last between 5 and 8 days. It is spread from person to person by contact with the droplets that come out of your nose and mouth when you cough and sneeze and which can stay on your hands. Other people can be infected up to 7 days after the onset of the flu. Sometimes it can cause complications (sinusitis, otitis) or aggravate some chronic illnesses.

What can you do to protect yourself and others from flu?

- Use tissues once only.
- Wash your hands often to avoid infecting others.
- When you cough or sneeze, cover your nose and mouth well. The best is to cough or sneeze into the inside part of your arm near the elbow.
- Do not smoke or drink alcohol.
- Take analgesics or antipyretics for headache or fever.
- Do not take antibiotics without medical prescription, the doctor will prescribe them if necessary.
- If you have a temperature and are feeling generally unwell, stay at home; this will help you to get better and will prevent you from spreading the flu to others at work, in school...
- Go to the doctor if you suffer from a chronic illness, if you are pregnant or the children are very young.



When should medical assistance be asked for or when is it necessary to go to accident and emergency?

In the case of **very young children** if the **following** symptoms occur:

- Rapid breathing or breathing difficulties.
- Skin rash.
- The flu symptoms initially improve but then reappear.
- Loss of appetite or unwilling to move around, play...

In the case of **adults** if the **following** is observed:

- Breathing difficulties.
- Pain or pressure in the chest or abdomen.
- Persistent dizziness.
- Confusion.
- Fever of more than 38° over four days.