

FLU INFOGRAPHICS



SYMPTOMS



Nasal congestion



Headache



Fatigue



Nausea and vomiting



Fever



Chills and sweats



Sore throat



Persistent cough

PREVENTION



- Healthy diet
- Hand washing
- Avoid the crowd
- Vaccination
- Doctor's check
- Healthy sleep
- Sport activities
- Avoid alcohol and cigarettes

TREATMENT



Face mask



Warm drinks



Antivirals



Bed rest

The Flu A Guide For Prevention And Treatment

JE Gale



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