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# TREATMENT

There are some home remedies that are used when you have the flu such as;

- Staying at home
- Avoiding contact with others
- Staying warm
- Getting rest
- Consume lots of fluids and healthy foods
- Avoid alcohol and no smoking
- Chicken broth
- Herbal teas
- Vitamin supplements

Although many people use home remedies to fight the flu, but these do not work for everyone. A doctor can also prescribe you an antiviral to help stop the virus from multiplying in the body.



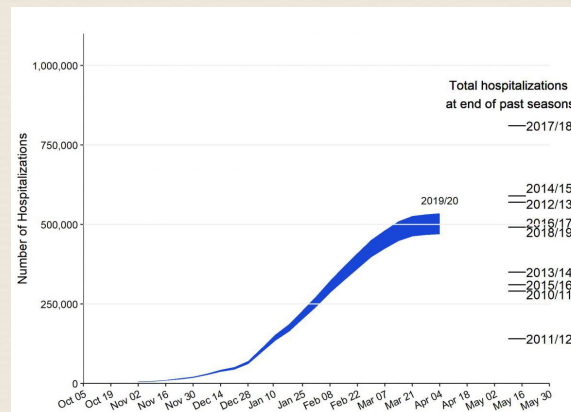
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# SEVERITY OF THE FLU

These are some statistics that are expected for the numbers that are related to the effect of influenza

Based on estimates from October 1, 2019 to April 4, 2020.

- 39,000,000 to 56,000,000 flu illnesses
- 18,000,000 to 26,000,000 flu medical visits
- 410,000 to 740,000 flu hospitalizations
- 24,000-62,000 flu related deaths



This chart shows the estimates based on CDC reports that have helped them to gather estimates of the flu viruses effect.

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# INFLUENZA

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Influenza or otherwise known as the flu, is a respiratory illness that is contagious. The flu is caused by a viral infection, and the virus infects the nose, throat, and lungs. This virus can vary from being mild to being very serious, and even causing death in young children or the elderly.



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## WHAT ARE THE SYMPTOMS?

The severity of the symptoms of the flu can vary from mild to very severe, which could lead to even death. Some of the symptoms include:

- Cough
- Sore throat
- Fever
- Feeling feverish or chills
- Runny nose
- Stuffy nose
- Muscle and body aches
- Headaches
- Fatigue

More common symptoms in children:

- Vomiting
- Diarrhea

If you are experiencing any of these symptoms it is important to contact a doctor, especially if you are at high risk.



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## WHAT CAUSES THE FLU?

There are different types of influenza including A, B, C, and D. However, all for them are classified as a contagious viral infection although there are different strains of it.



## HOW DOES IT SPREAD?

Influenza spreads by tiny droplets when a person sneezes, coughs or talks. The droplets leave a person's, mouth or nose and can be transmitted to nearby people or objects. If someone touches the contaminated object and then touches their mouth, nose, or eyes then it can be transmitted.

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## HOW TO PREVENT IT?

To help avoiding getting the flu, you can get a flu vaccine every year. It is important to get it every year because the flu virus changes its antigens over time as it adapts. By getting the vaccine, it helps reduce the risk of developing serious and deadly symptoms of the flu.

Other practices such as staying away from sick people, covering coughs and sneezes, and frequent hand washing helps to prevent you from contracting the virus.



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