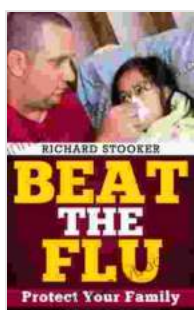


Beat the Flu: Protecting Your Family

Influenza, commonly known as the flu, is a contagious respiratory illness caused by influenza viruses that can cause fever, cough, sore throat, runny nose, and body aches. The flu can be serious, especially for young children, the elderly, and those with chronic health conditions.

In the United States, the flu season typically runs from October to May, with peak activity occurring in December and January. During the 2019-2020 flu season, an estimated 38 million people in the U.S. got the flu, and 22,000 people died from flu-related complications.

The flu virus is spread through droplets that are released into the air when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby. The flu virus can also be spread by touching surfaces that have been contaminated with the virus and then touching your mouth, nose, or eyes.



Beat the Flu: Protect Your Family by Richard Stoker

★★★★★ 5 out of 5

Language : English
File size : 654 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 440 pages
Lending : Enabled

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There are a number of things you can do to protect yourself and your family from the flu, including:

- **Get vaccinated.** The flu vaccine is the best way to protect yourself from the flu. The vaccine is safe and effective, and it can reduce your risk of getting the flu by up to 60%.
- **Wash your hands frequently.** Wash your hands with soap and water for at least 20 seconds, especially after coughing, sneezing, or using the bathroom. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Avoid touching your face.** The flu virus can enter your body through your mouth, nose, or eyes. Avoid touching your face, especially if you are in a public place.
- **Stay home if you are sick.** If you have the flu, stay home from work or school to avoid spreading the virus to others.
- **Cover your cough or sneeze.** When you cough or sneeze, cover your mouth and nose with a tissue. Dispose of the tissue immediately after use.

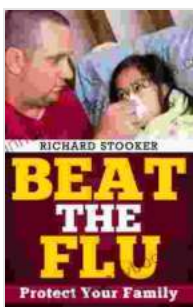
If you do get the flu, there are a number of over-the-counter medications that can help relieve your symptoms. These medications include pain relievers, fever reducers, and decongestants. You should also drink plenty of fluids and rest.

In some cases, the flu can lead to serious complications, such as pneumonia, bronchitis, and even death. If you have the flu and your symptoms are getting worse, or if you have any underlying health conditions, see a doctor right away.

The flu is a serious illness, but it can be prevented. By following these simple tips, you can help protect yourself and your family from the flu.

Additional Resources

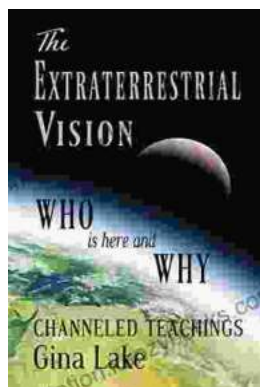
- [Centers for Disease Control and Prevention: Flu](#)
- [National Institutes of Health: Flu](#)
- [Mayo Clinic: Flu](#)



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