

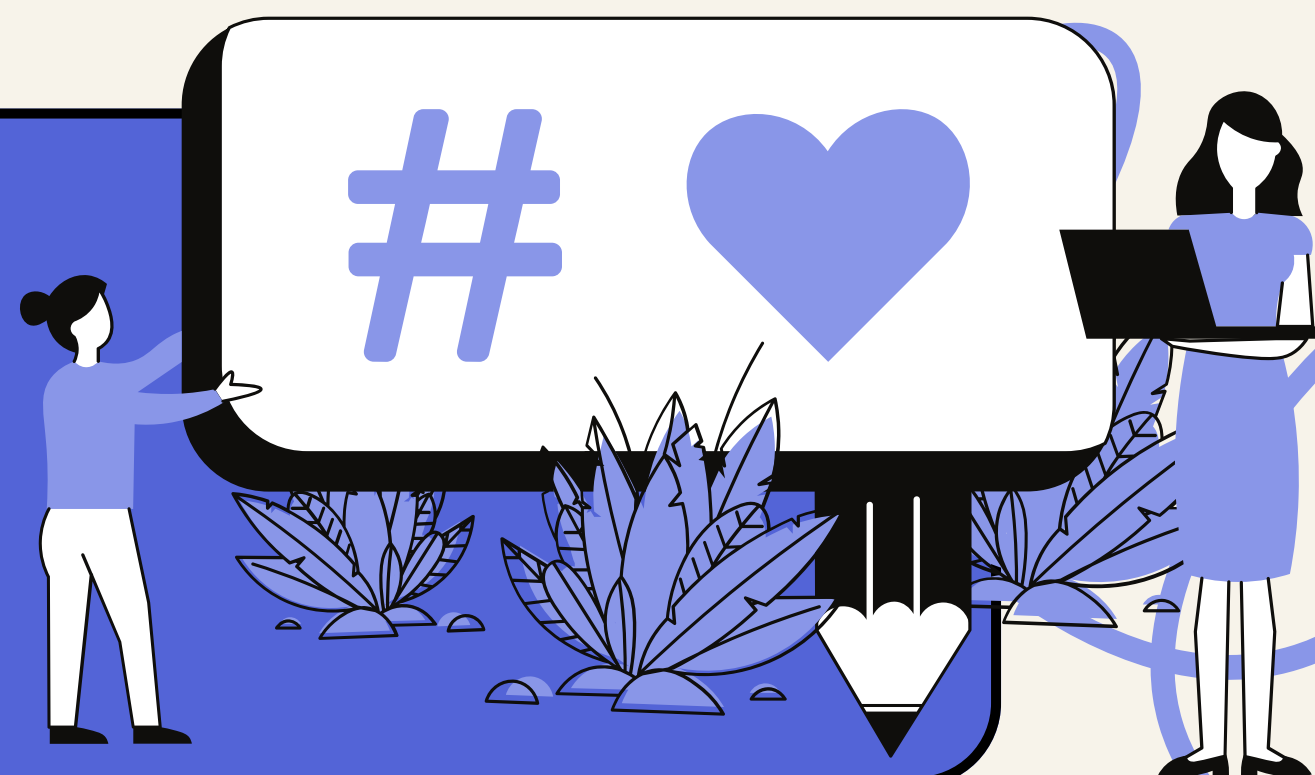
Make our lives  
healthier and safer



# Influenza Knowledge

## INFLUENZA BIOLOGY

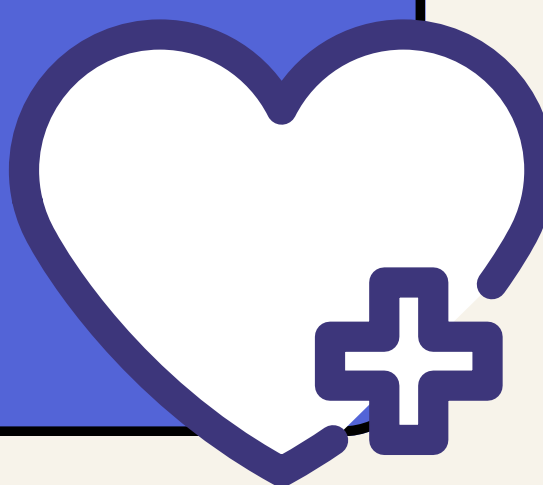
Influenza, also known as influenza, is an infectious respiratory disease caused by influenza virus, which can infect nose, throat and sometimes lungs. It can lead to mild to severe illnesses, and **sometimes even death!!!**



## FLU SYMPTOMS

It takes about THREE TO FOUR days from contracting influenza to experiencing symptoms, and common symptoms of influenza include:

- Fever or feeling feverish/chilly
- cough
- Sore throat
- Runny or congested nose
- Muscle or body pain
- headache
- Fatigue (fatigue)
- vomiting and diarrhea



## INFLUENZA PREVENTION

Some populations have a higher risk of severe complications from influenza. These populations include children under 5 years old, adults aged 65 or above, pregnant women, and individuals with certain chronic diseases. Before and during your illness, you may spread the flu to others.

## INFLUENZA TREATMENT

Rest and drinking water: Influenza patients need to rest adequately and avoid excessive activity to help their bodies recover and cope with the virus. Meanwhile, maintaining sufficient water intake helps maintain water balance and alleviate symptoms.