

Name: \_\_\_\_\_



# The Flu



The flu is actually a short form word for word influenza. The flu, like the common cold is also caused by a virus. The flu is very contagious and has symptoms similar to a cold but the flu's symptoms are much worse than the cold. You can catch the flu from another person who has it, just from inhaling the invisible droplets they spread when they are talking, sneezing or coughing. It can also be spread and be caught by touching high touch areas that somebody with the flu has touched, which depends on how long the particular flu virus can live on surfaces. Typically, once you catch the flu, symptoms will appear within two days. There are many types of flu viruses and some of them can survive longer on surfaces than others. The flu is a disease of the respiratory system which includes the mouth, nose, throat and lungs. The flu seems to occur more frequently during the winter and the early part of spring. The symptoms of the flu can often include a runny nose, tiredness, a cough, a sore throat, sore chest, ear aches, and a high fever. Sometimes symptoms will include vomiting and diarrhea. The flu can last for several days and in some cases, much longer. The flu can also lead to infections like pneumonia, sinus and ear infections. There are some antiviral medicines to help treat the flu, other than that, there are medications to help with the pain. Preventing catching the flu is like preventing catching colds, and includes washing hands frequently, avoiding high touch areas, avoiding exposure to individuals who have the flu, and not touching any of your face openings. There are many vaccines available each year to prevent you from getting the flu.

## QUESTIONS:

- ❶ In your own words, define the word flu.
- ❷ What are the symptoms of the flu?
- ❸ How can you catch the flu?
- ❹ How can you prevent yourself from catching the flu?
- ❺ Have you every had a flu? Describe how you felt and what you did to feel better.