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Flu season: symptoms and prevention

It's that time of the year when flu season becomes one of the most heightened periods for contagious illnesses, and many people can be affected. The International Medical Corps, by Shelley Wenk, explains how the flu can mutate due to different factors each year, which is why an updated flu shot is offered annually. The most common symptoms to look for include coughing, fatigue, fever, headaches, body aches, and a stuffy nose. These symptoms can be associated with other diagnoses, such as covid 19 or other respiratory illnesses. When experiencing these symptoms, it is important to have a home rapid test on hand or a visit to your local doctor's office to get tested. As the flu can be highly contagious, it is important to stay up to date on your flu vaccine, avoid close contact with those who are sick, wash your hands frequently, avoid touching eyes, and consider wearing a mask. In addition to these preventive measures, getting plenty of sleep, staying physically active, managing your stress, and eating nutritious food have a positive influence on your health and help support the immune system.

Link to article:

https://internationalmedicalcorps.org/story/how-to-protect-yourself-from-the-flu/?gad_source=1&gad_campaignid=20774268874&gbraid=0AAAAAD9lO5C_bij_S8w9K9dhLp6i63o3H&gclid=CjwKCAjwq8PVBhAKEiwA2i3SHeBPbWLC1Gb79sMoQ_v46yh-kvcqu0AFnsUJnoCyXio9L2YIRrX-oRoCbaEQAvD_BwE