

ECHO Phone

Emergency, Community and Health Outreach



Monthly Health Advice (MHA): Influenza Virus

OCTOBER 2006

Reference: Your own previous translation of ECHO Show 2

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Choose "All About Flu and Pandemic Flu" (October 2004)

If your body feels hot, weak and you hurt all over, you may have the "flu" virus. There are different types of flu viruses and most of us recover after getting them. But old people, young children and those with other health problems can get very sick and even die from the flu. It's important that these people get a flu vaccination, an injection of medicine that helps protect the body from the flu. Flu vaccinations are available at medical clinics and special temporary clinics during this time of year. All vaccinations must be given by medical professionals.

If you get the flu, you can also go to the store for medicine that might help you feel better. This medicine will help with flu symptoms like a headache, sore throat and runny nose. But the best way to cure the flu is to drink lots of liquid and get plenty of rest.

Remember that the flu virus can spread in the air, through coughing and sneezing from a sick person. To protect yourself, your family and other people, always wash your hands frequently with soap and water and teach your children to do the same. Cover your mouth and nose with a tissue if you sneeze or cough. Finally, stay away from others people if they are sick. If you or a family member is sick, do not go to work or school.

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