



The flu is an infectious disease caused by the influenza virus. The influenza virus belongs to the Orthomyxoviridae group and is divided into 3 types A, B and C. The disease is usually spread through the respiratory tract, directly through the droplets when the patient sneezes or indirectly when the hands with the virus on touch the eyes, nose or mouth.



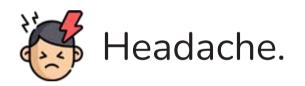












## Prevention

People with the above symptoms should not do self testing or at-home treatment.



**Cover your mouth** and nose when coughing or sneezing.



Implement a healthy lifestyle, enhance

physical activities and improve your health.



Avoid close contact with people who have the flu.



Wear a mask, wash your hands with soap and clean water or hand sanitizer (especially after coughing or

