



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.

! Symptoms



Cough.



Runny nose.



Headache.



Fever.



Fatigue.

Shield Prevention



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



Cover your mouth and nose when coughing or sneezing.



Avoid close contact with people who have the flu.



Implement a healthy lifestyle, enhance physical activities and improve your health.



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