



6

SIMPLE STEPS TO FIGHT SEASONAL FLU AND PROTECT YOUR FAMILY

Ask your doctor or your pharmacist for
more information on how to fight the flu



HELP PREVENT THE FLU

1 GET A FLU SHOT

The best way to avoid catching flu.¹ Every flu season is different, so a new vaccine is produced each year.² Enquire at your medical practice or a pharmacy.



2 DON'T PASS IT ON

Wash hands regularly and avoid touching the facial T-zone. Avoid contact with others when ill. Always cover coughs and sneezes, and use and immediately dispose of tissues.³



4 START TREATMENT

Don't delay treatment. Take over-the-counter medicines for symptom relief and drink plenty of fluids. High-risk patients* may be prescribed antiviral treatment, which is most effective when started within the first 48 hours of feeling symptoms.⁷



3 DIAGNOSE EARLY

Seasonal flu may cause a fever, cough (often dry), body aches, headache, fatigue, sore throat and runny or congested nose.⁴ Ask your doctor or a pharmacist about your symptoms – they may suggest a flu test.⁵



ACT FAST

5 CONTINUE MEDICATION

Recovering from seasonal flu takes time. Eat well and continue with pharmacy-bought symptom-relief remedies to help you feel better.⁸



6 HYDRATE AND REST

Pausing your usual routine to focus on recovery is important. Rest up at home, get good sleep and drink plenty of fluids, such as water, juice and soup.⁶



RECOVER

*High-risk groups include children under 5 years, the elderly and people who are pregnant, have long-term medical conditions, or weakened immune systems.⁷
1 World Health Organization (WHO). Influenza/Vaccines. Available at: <https://www.who.int/influenza/vaccines/en/>. Last accessed: May 2020. 2 Centers for Disease Control and Prevention (CDC). Key Facts About Seasonal Flu Vaccine. Available at: <https://www.cdc.gov/flu/prevent/keyfacts.htm>. Last accessed: May 2020. 3 CDC. Influenza (Flu): Healthy Habits to Help Prevent Flu. Available at: <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>. Last accessed: May 2020. 4 CDC. Flu Symptoms & Diagnosis. Available at: <https://www.cdc.gov/flu/symptoms/index.html>. Last accessed: May 2020. 5 CDC. Diagnosing Flu. Available at: www.cdc.gov/flu/symptoms/testing.htm. Last accessed: June 2020. 6 CDC. The Flu. Caring for Someone Sick at Home. Available at: https://www.cdc.gov/flu/pdf/freeresources/general/influenza_flu_homecare_guide.pdf. Last accessed: June 2020. 7 WHO. Influenza Fact Sheet. Available at: [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)). Last accessed: June 2020. 8 WebMD. How to Treat the Flu. Available at: <https://www.webmd.com/cold-and-flu/over-the-counter-flu-remedies#1>. Last accessed: June 2020. Copyright © GlaxoSmithKline 2020. All rights reserved. August 2020 | PM-GL-PCF-20-00013

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