

Read and fill in the blanks with the correct word from the box below.

antibiotics — bacteria — cell — digest — immune system — infection — invade — symptom
— vaccination — virus

The influenza **-(1)-** causes the flu. This disease infects the **------(2)-----**. When the influenza virus attacks the body, the **---(3)---** include a high fever usually over 38°C, a cough, sore throat, a stuffy or runny nose, muscle pain, and weakness. The flu is a contagious illness. This means it can spread from person to person by coughing and sneezing and it invades the body fast.

When a person is exposed to the flu virus, it tries to **-(4)-** a **(5)** in the body. Once it gets into one, it multiplies fast and spreads while damaging the cell. The viruses leave the damaged cell and begin invading other healthy cells. This continues, and the virus spreads quickly throughout the body causing an **---(6)---** in the respiratory system.

People who do get the flu should stay home from work or school. They should also rest, drink lots of liquids and eat less food as the stomach usually cannot **-(7)-** a lot of food, especially fatty and sugary foods. **---(8)---** usually do not work on the virus; they only work on **---(9)---** and will not help someone get better.

The best prevention of the flu is a vaccine. Flu **---(10)---** is available as a shot and contains dead flu viruses. Most people do not have a negative reaction to the flu vaccine, but may notice a fever, sore muscles, and tiredness.