

Flu: Symptoms and Treatment

The flu is a common illness caused by a virus. People with the flu often have a fever, headache, sore throat, cough, and tired muscles. Some people may also feel weak or have an upset stomach.

To feel better, it is important to get plenty of rest and drink lots of water. Medicine such as aspirin may help reduce pain and fever, but people should always follow a doctor's advice. If symptoms become severe or last for a long time, a doctor may provide a prescription for appropriate treatment.

Most people recover from the flu within one to two weeks if they rest and take care of themselves.

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