

What You Should Know about the Flu

Influenza (or flu) can be a dangerous health problem. But there are many different kinds of flu. They are different every year. Some kinds can go from animals to people. Some are terrible, and others are not very bad.

The symptoms of flu start like the symptoms of a cold. You feel tired. Your head and body hurt. You have a sore throat and a cough. But the flu is different to a cold. With the flu, you can also have a fever. And people feel very sick very fast.

If you have the flu, you shouldn't go to work or school. You should stay at home and rest. If you have the flu, you normally get well again in two weeks. You don't have to go to the doctor. But you should call the doctor if you feel very sick because the flu can be dangerous for some people's health.

To not get the flu, you should wash your hands many times every day. Also, you shouldn't touch your face.

