

What is Influenza?

Winter is approaching, so is the peak of influenza season. The best prevention is to wash hands often and allow oneself adequate rest. The next best prevention is to get influenza vaccination, especially the weaker population such as infants, seniors, and people with compromised immune system.



Influenza is caused by virus. Symptoms include fever, chills, generalized muscle pain, fatigue, runny nose ...etc. Flu symptoms usually happen faster than the common cold and the symptoms are often more severe.

At the onset of influenza, some family doctors sometimes may prescribe Tamiflu® to reduce influenza symptoms and shorten the duration of disease. In addition, painkillers (such as Tylenol®, Advil®) can also be used accordingly to alleviate symptoms, but make sure you consult your doctor or pharmacist before taking any medications to avoid adverse reactions or any unnecessary side effects.

Don't forget to give the body lots of rest!!!