

# Be prepared for flu season

Each year, an estimated 3–5 million<sup>1</sup> people suffer severe illness from the flu



## Flu: Symptoms, treatment and prevention<sup>2,3</sup>

All you need to know to help stay well.

### How does it spread?

Influenza is a viral disease that affects the airways and is most commonly transmitted from person to person via coughing and sneezing.

### What are the symptoms?

The most frequent symptoms are general feeling of being unwell, fever, headache and fatigue. Other possible symptoms include:

Muscle aches



Dry cough



Runny nose or congestion



Sore throat

### Prevention tips

Getting the flu vaccine in the fall every year is the best way to avoid contracting the flu.

You can also:

- **Wash your hands often with soap and water**, especially after you cough or sneeze.
- **Cover your nose and mouth with a tissue** when you cough or sneeze.
- **Drink water to stay hydrated.**
- **Open windows to let air circulate.**
- **Eat a balanced diet** to boost your immune system

### Treatment

Most people recover from the flu without needing an in-person medical visit.

The basic measures in the treatment of flu are:

- **Resting**
- **Increasing your intake of fluids**, especially natural teas and juices.
- **Taking medications.** Be sure to ask your doctor about which over-the-counter medications may best help relieve your symptoms.

### Key facts



It's a highly contagious disease occurring most often in winter months



Getting an annual vaccination is the best way to prevent it



Typical treatment includes antihistamines and anti-inflammatory medications



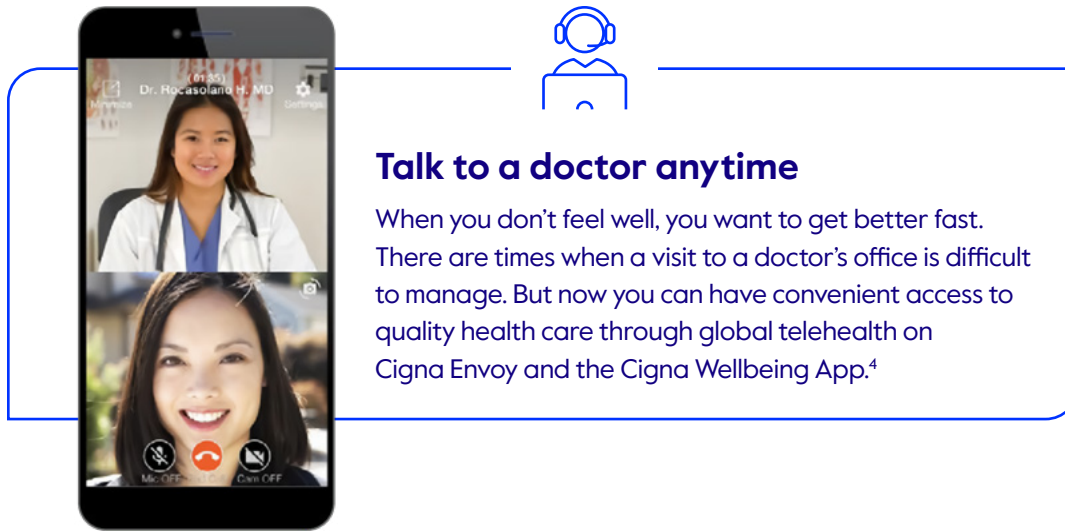
It can be especially serious for children, the elderly and the chronically ill

Global Health Benefits

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## Talk to a doctor anytime

When you don't feel well, you want to get better fast. There are times when a visit to a doctor's office is difficult to manage. But now you can have convenient access to quality health care through global telehealth on Cigna Envoy and the Cigna Wellbeing App.<sup>4</sup>

## Log in to access doctors 24/7<sup>5</sup>

Global access to personalized care.



Schedule virtual and in-office appointments



Access to care from your own home or location



Free, unlimited and easy to use



Confidential referrals and prescriptions

1. World Health Organization, [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)), updated January 12, 2023.

2. World Health Organization, [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)), updated January 12, 2023.

3. National Foundation for Infectious diseases, <http://www.nfid.org/influenza>, updated October 2022.

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