

BE PREPARED FOR FLU SEASON

Each year, an estimated 3-5 million¹ people suffer severe illness from the flu.

Flu: Symptoms, treatment and prevention

All you need to know to help stay well.

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

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 every year in the fall 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 the 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.

Cigna Global Health Benefits®



The content of this page is from the following sources: 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)), November 6, 2018. National Foundation for Infectious diseases, <http://www.nfid.org/influenza>, accessed September, 2022.

TALK TO A DOCTOR ANYTIME

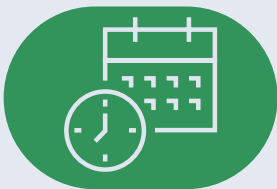
When you don't feel well, you want to get better fast. There are times when a visit to a doctor's office is difficult to manage. But now you can have convenient access to quality health care through global telehealth on **Cigna Envoy** and the **Cigna Wellbeing App**.²



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Log in to access doctors 24/7³

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1. World Health Organization, <https://www.who.int/en/news-room/fact-sheets/detail/influenza> - (seasonal), November 6, 2018.

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