



The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness and can sometimes lead to death. Each year 200,000 people are hospitalized due to complications from the flu.

If you have been diagnosed with the flu, please follow your healthcare provider's recommendations. Most people are able to recover from the flu at home without medical care. A normal case of the flu typically resolves itself after three to seven days, although cough and fatigue can persist for more than two weeks.

**GMR offers the following recommendations for flu sufferers recovering at home, after seeing a healthcare provider:**



Stay home and avoid contact with other people



Put a humidifier in your room to make breathing easier



Get plenty of rest to let your body recover



Gargle with salt water to soothe a sore throat



Drink clear fluids such as water, broth, sports drinks or electrolyte beverages to prevent dehydration



Cover up with a warm blanket to calm chills



Place a cool, damp washcloth on your forehead, arms and legs to reduce discomfort associated with a fever



Use over-the-counter medications to help relieve flu symptoms

## GMR SOLUTIONS