

The Flu

By Ellie

What do you do if you get the flu? Getting the flu is a bad thing. You should learn as much as you can about it.

The flu is an illness that causes bad symptoms. It is short for influenza. It's a virus that can infect your body.

The flu spreads to people easily. It spreads easily because when people cough it gets in the air. When it is in the air it sticks to objects and other people touch the germs and they get the flu. The flu mostly appears in the winter because everyone is inside together.

To prevent getting the flu you should get a vaccine. You should also wash your hands and cough in your elbow.

Ms. Ben Joseph says, "If your doctor says you have the flu start taking these steps to feel better:"

- Rest in bed or the couch
- Drink lots of liquids, like water, and other liquids
- Take the medicine your mom and dad gives you
- Tell your mom and dad if you have trouble breathing

Now you know what to do if you get the flu. It's not fun but you can prepare for it.