

The Flu

By Roman

The flu is a dreaded illness. Read this and learn how to help and prevent it.

The flu is an illness that causes a lot of outrageous symptoms. The symptoms might be a fever, sore throat, sneezing and others. The flu is short for influenza and it is a virus that can infect your body.

The flu spreads easily. It can spread by sneezing and coughing by spreading little droplets in the air. The more objects you touch, the the more germs you stick to the objects. Don't let people get too close to you so it doesn't spread.

If you want to prevent the flu you can by not touching germs on objects. You can also prevent getting the flu by getting a vaccine. It can help your body can recognize the flu so you can help it go away.

If you catch the flu don't worry; you will know what to do. "You should rest, drink fluids, drink your medicine and tell if you feel better or worse," Ms. Ben Joseph said.

If you get the flu, don't worry you'll know what to do.