

THE FLU & YOU

What to expect

if you get infected

DAY
01



The flu virus spreads quickly in your nose, throat or windpipe. **A fever comes on very quickly.** Other symptoms appear: coughing, sneezing, a sore throat or runny nose. Start taking antivirals now if you've been given them.

DAY
02



Your white blood cells are producing chemicals to kill the virus. They make **you feel very unwell: you're feverish**, you ache all over and **you don't feel like eating.**

DAY
03



Fever-lowering medicine may reduce your temperature and ease your aches. Drink plenty of fluids and try to eat something – especially if you have diabetes.

DAY
04



Try to get up and about. Move around the house. **Being active will help you recover more quickly.**

DAY
05



Your temperature may be starting to come down, your aches may be starting to subside and your coughing and sneezing may have stopped.

DAY
06



Be vigilant if your temperature goes down and then starts to rise again – especially if you have a lung disease. You could have bronchitis or even pneumonia.

DAY
07



If you have diabetes, your blood sugars may still be erratic. Eat what you can, drink plenty, watch your glucose levels and take enough medicine throughout the flu.

DAY
08



If you're still in bed after a week, your body will start to lose muscle making you weaker and less mobile. Don't stay there longer than you have to.

DAY
09



If you have cardiac problems, you're at higher risk of a heart attack for a few weeks after catching the flu. Be extra vigilant.

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10



Try getting back to doing the things you normally do. Resting doesn't help you recover any quicker.

DAY
11



More people get depression after the flu because they feel tired. Eat and drink well and try to keep active.

DAY
12



You are well on the way to recovery, but you may still feel tired for a week or so – or longer if you have any underlying illnesses.