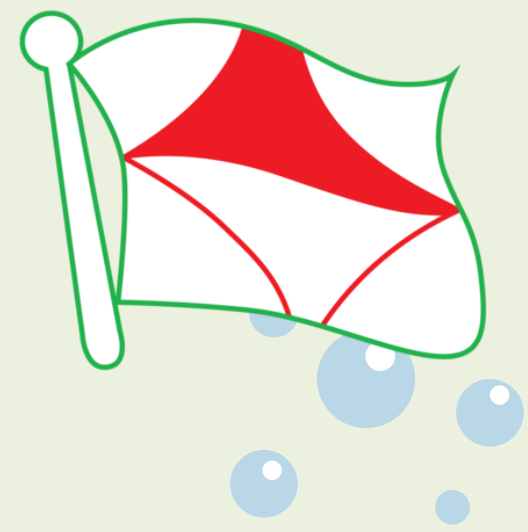
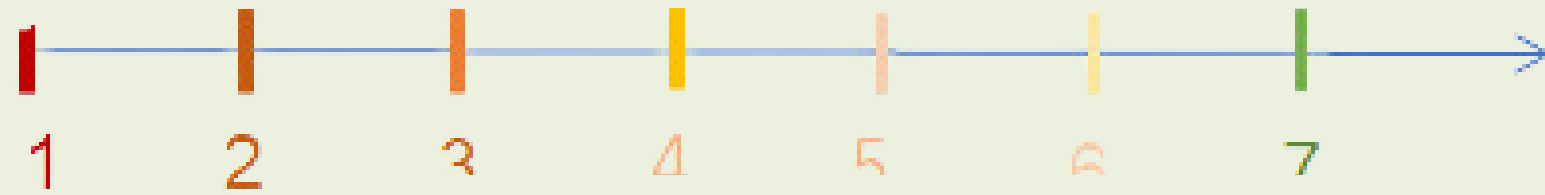


# INFLUENZA – WHAT TO KNOW?



*Usually the course is mild, it takes 2-7 day to recover*



## Symptom

- High fever over 38°C, fatigue.
- Muscle pain, headache.
- Cough, stuffy nose, sore throat.



*Population who have higher risk of severe condition*



*The Elderly*



*Pregnant women*



*Children under 5 y.o*



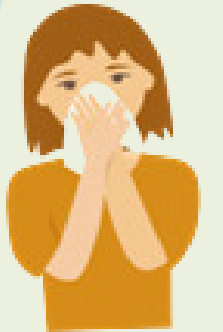
*People who have suppressed immune systems (chronic diseases, HIV,...)*

# HOW TO PREVENT?



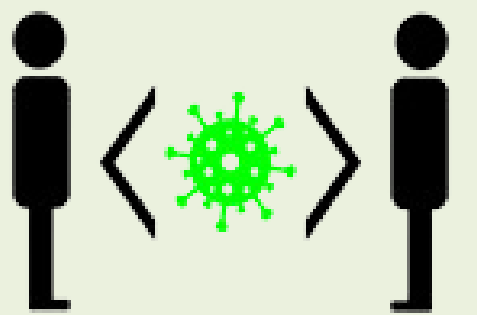
*Wearing mask in public areas, especially in narrow spaces (public transports, elevators,..).*

*Cover your mouth and nose when sneezing.*



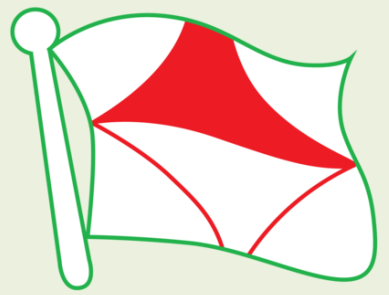
*Wash your hands regularly, especially after contact with objects in public places (door handles, stair handrails,...).*

*Keep distance from people with symptoms, stay home when feeling unwell.*



*Getting flu vaccination every year, especially for people at high risk of serious complications.*

# FOOD CHOICES TO BOOST YOUR IMMUNE SYSTEM



## FATS



- + Choose unsaturated fat
- + Increase omega 3 (salmon, walnuts, chia seeds,...)
- + Decrease omega 6 (vegetable, canola, corn, or soy oil)
- + Limit saturated fats (butter, bacon, cheese, cream, pate, coconut cream and sausage)

## PROTEIN



- + Choose leaner cuts of meat
- + Choose healthier options like fish, seafood, tofu, egg, legumes, yogurt or sugar free milk

## BEVERAGE



- + Hydrate often (about 2l/ day). Water is priority
- + Alternative hydrating beverages like herbal teas (green tea, jasmine tea, etc) without sugar can be used in moderation.

## CARBOHYDRATES

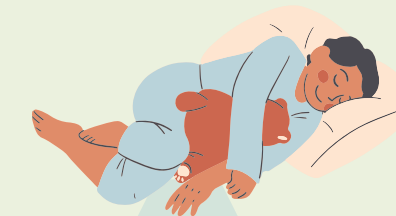


- + Choose brown, whole grains. Minimize white and processed foods
- + Carbohydrates provide fuel and should not be restricted (at least 1 small bowl/ meal)

## FRUITS & VEGETABLES



- + Eat a wide variety and include fermented food items
- + Aim to fill half your plate with a variety of colored vegetables
- + Look for seasonal fresh fruits
- + Use vinegar for salad, pickles in moderation



**Stay Active! Get enough sleep! Try to avoid stress!**