

# Fight Against Swine flu & flu-like illnesses

## Spread of Swine flu

- **Droplet infection** — by inhaling tiny droplets of moisture from the cough or sneeze of an infected person
- By **touching** a place contaminated by the droplets of an infected person

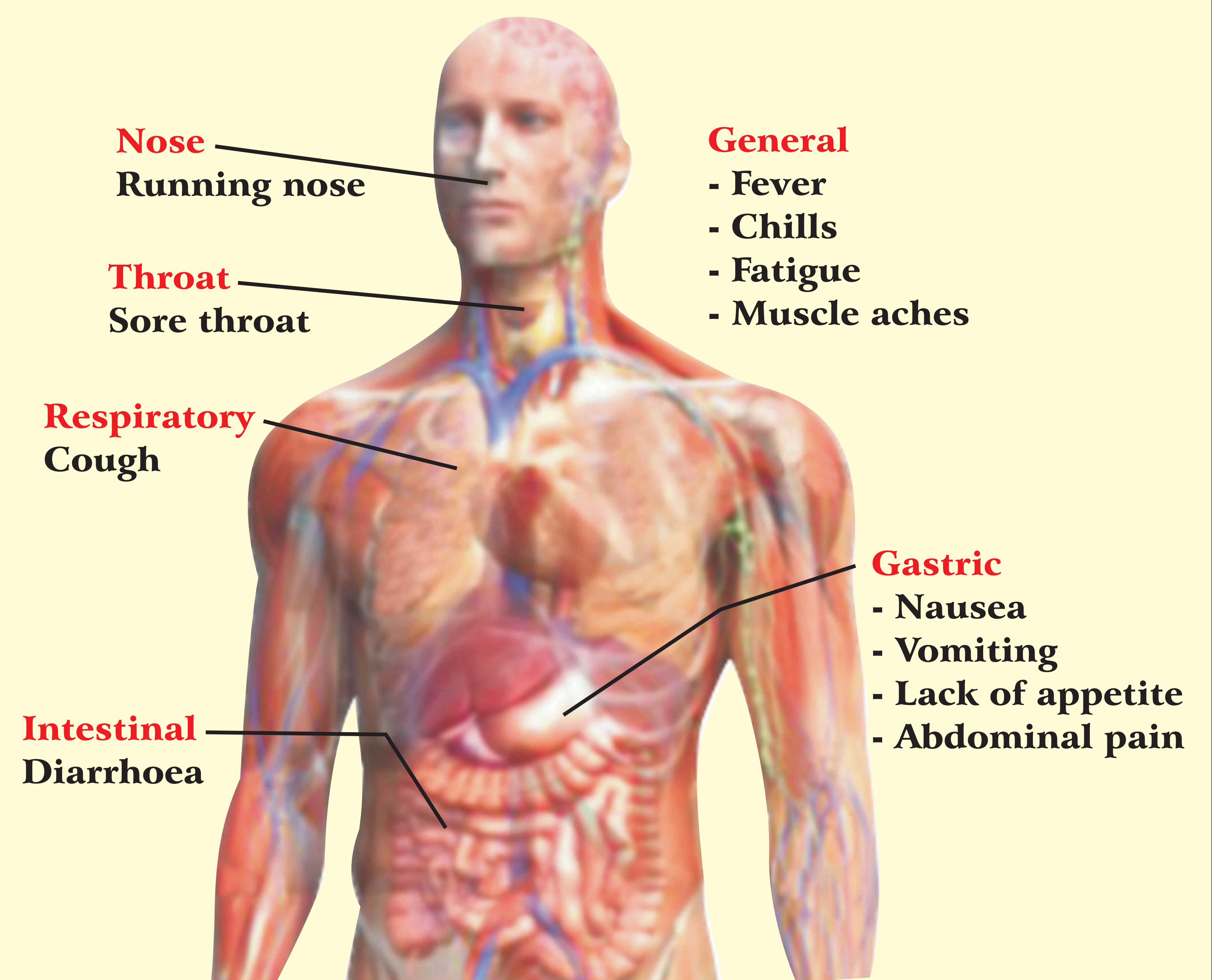
## Risk Group

- o **Pregnant women**
- o People of **65 years** of age and above
- o Young children **under five years** of age
- o If your flu-like condition suddenly gets worse at any point of time, or If it continues to get worse even **after 7 days**
- o People suffering from the **chronic illnesses** like:
  - Chronic lung/heart/kidney/liver/neurological disease
  - Immunosuppression (weak immunity) whether caused by disease or treatment
  - Diabetes mellitus

## Homoeopathic Preventive

Homoeopathic experts have recommended to take one dose of **Arsenicum album 30**, daily in empty stomach for three days, against flu-like illness.

## Symptoms



## Precautions to take

- **Avoid touching** your mouth and nose
- **Wash your hands** regularly with soap and water
- **Avoid close contact** with people who might be suffering from the flu
- Reduce the time spent in **crowded settings**
- **Improve airflow** in your living space by opening windows
- **Clean hard, daily-to-use surfaces** (like door handles, remote controls, etc.)
- Practise **good health habits** including adequate sleep, eating nutritious food, and keeping physically active

