

## How dangerous is this year's flu? Be informed.

*America's serious influenza outbreak has touched every state in the United States except Hawaii and hasn't peaked yet.*



### 1. What is this flu, is it different from other years?

"H3N2 is the most dangerous of the four seasonal flu strains, but it is not new nor uniquely lethal. As of Jan. 7, about 78 percent of all samples genetically sequenced have been H3N2, according to the Centers for Disease Control and Prevention." -NY Times, 1/16/18

### 2. What are the symptoms of the H3N2 flu?

They are similar to the normal flu but symptoms of fever and body aches are more severe.

#### Here are some signs to look out for:

Sore throat and cough, headache, fever, muscle aches, fatigue, runny nose and sneezing

*H3N2 flu can lead to pneumonia and other potentially fatal complications.*

#### Gelsemium flu symptoms: "droopy, drowsy, dizzy, dumb".

Feeling heavy, weak, lethargic, limbs ache with accompanying shivers down the spine, heavy headache where the pain radiated from the back of the head radiating to the forehead, headache symptoms diminish after urinating.

#### Lycopodium flu symptoms

Fever onset at around 4 p.m. and ends at late evening, Chill at onset of fever, fever is usually accompanied by sinus blockage, must breathe with mouth open.

Sense of fullness in the stomach and abdomen as if they would burst, intestinal gas and constipation.

### 3. How can you avoid it?

Wash your hands frequently and avoid touching your mouth, nose and eyes. (the eyes especially because they have no protection and are the virus's easiest entry way into your body.) Masks aren't particularly effective in keeping you from catching the flu, although they may help keep sick people who wear them from spreading their germs.

**Take Oscilloccinum** when you begin to notice the first symptoms, even if you don't feel very sick yet. It may just be the beginning of a scratchy throat or sneezing. The sooner you take it, the more effective it will be. This is a good way to either prevent or minimize flu symptoms.

Follow the instructions on the bottle. If you've had flu symptoms for 24 hours or more, it ceases to be of benefit. If you are well but have been exposed, it's in your place of employment or a family member is sick put a few pills under your tongue once per day and let them dissolve. Otherwise, if you haven't been directly exposed, take one dose once per week until the flu season is over.