

Killer FLU Prevention Tips

Prevention is always Better than Cure: Estimated 80,000 Americans died of FLU and its complications in 2017-2018 winter. One MUST take extra precautions in Extreme Cold - 15°C or colder, or a wind chill of -20°C or colder. One MUST avoid going out in extreme cold weather. If one really has to go out then make sure to bundle up from head to toe in multiple layers by keeping your eyes and nose open. One MUST AVOID taking DEEP Breath. Heavy duty works or running causes you to deep breath. Health is TOP Priority.

1> Home Remedy: For light Flu take home remedy, (Honey, Lemon, Ginger, Turmeric).

2> Over the counter Medications: If Home Remedy doesn't work in 12 to 24 hours, then one MUST take over the counter Medications by consulting Pharmacists.

3> Family Doctors/Walk-in-Clinics: If one is still not getting better from Over the counter Medications in 12 to 24 hours, then he/she MUST go to see Doctors again and again.

4> Emergency: If none of the above consultations works, one MUST go to Hospital Emergency and might need to go multiple times if still not getting better.

Every Medicine has some side effects, BUT don't worry it is temporary, if not severe

