

RECOVERING FROM THE FLU



As we age, our immune systems weaken, making Canadian adults, aged 65 and older, at an increased risk of the flu and serious flu-related health complications.

What can you do if you catch the flu?

Most people recover from the flu in 7 to 10 days, however fatigue and weakness may last for up to 3 weeks or longer in people with chronic disease or weak immune systems.

The Public Health Agency of Canada recommends:

1 NOTIFY YOUR HEALTHCARE PROVIDER

Notify your health care provider immediately if you are experiencing flu-related symptoms and tell them about your symptoms before attending an appointment. (See below for description of flu symptoms)



2 STAY HOME

Stay home and avoid close contact with other people until you are able to return to day-to-day activities.



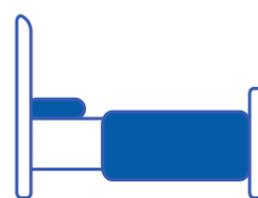
3 HYDRATE

Drink lots of water to replace any lost fluids and help your body fight infection. Avoid caffeine or alcohol.



4 GET LOTS OF REST

Sleep is the best medicine. Ensure you get lots of sleep while recovering and rest when needed.



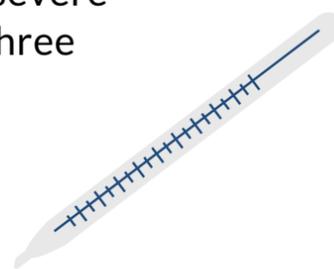
5 MANAGE SYMPTOMS

Take over the counter medication, as recommended, to manage symptoms.



6 BE AWARE

Call your doctor if you experience any of these serious symptoms: shortness of breath, rapid breathing or difficulty breathing, chest pain, bluish or grey skin colour, bloody or coloured mucus/spit, sudden dizziness or confusion, severe or persistent vomiting, high fever lasting more than three days, low blood pressure



COLD OR FLU?

COLD SYMPTOMS

Symptoms build over time (usually 48 hours)
Chills, but fever is rare
Cough, congestion (mild but may last a while)
Mild body aches & pains
Tiredness (can still do daily activities)
Headache (mild)
Sore Throat
Stuffy, runny nose, sneezing.

FLU SYMPTOMS

Symptoms often occur quickly (especially fever and chills)
Fever
Cough, chest discomfort (dry cough can be severe)
Body aches & pains (can be severe)
Bedridden (you may feel exhausted)
Headache (can be severe)
Sore Throat
Stuffy, runny nose

An importance difference is that the flu can be prevented.

GET YOUR FLU SHOT!

Visit CARP.ca/KeepCanadaHealthy for more information about the flu and other important vaccinations.

References

1. Government of Canada, 2020. Flu (influenza): Symptoms and treatment. Retrieved from <https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html>
2. Government of Canada. (2019). Cold or flu: know the difference / know the flu facts- Fact sheet. Retrieved from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cold-flu-know-difference-fact-sheet.html>