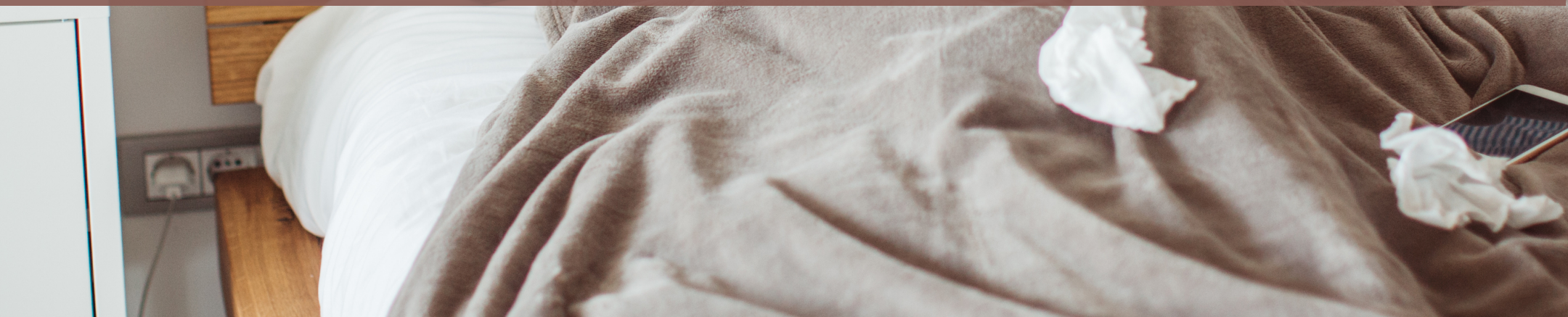




What is Influenza?

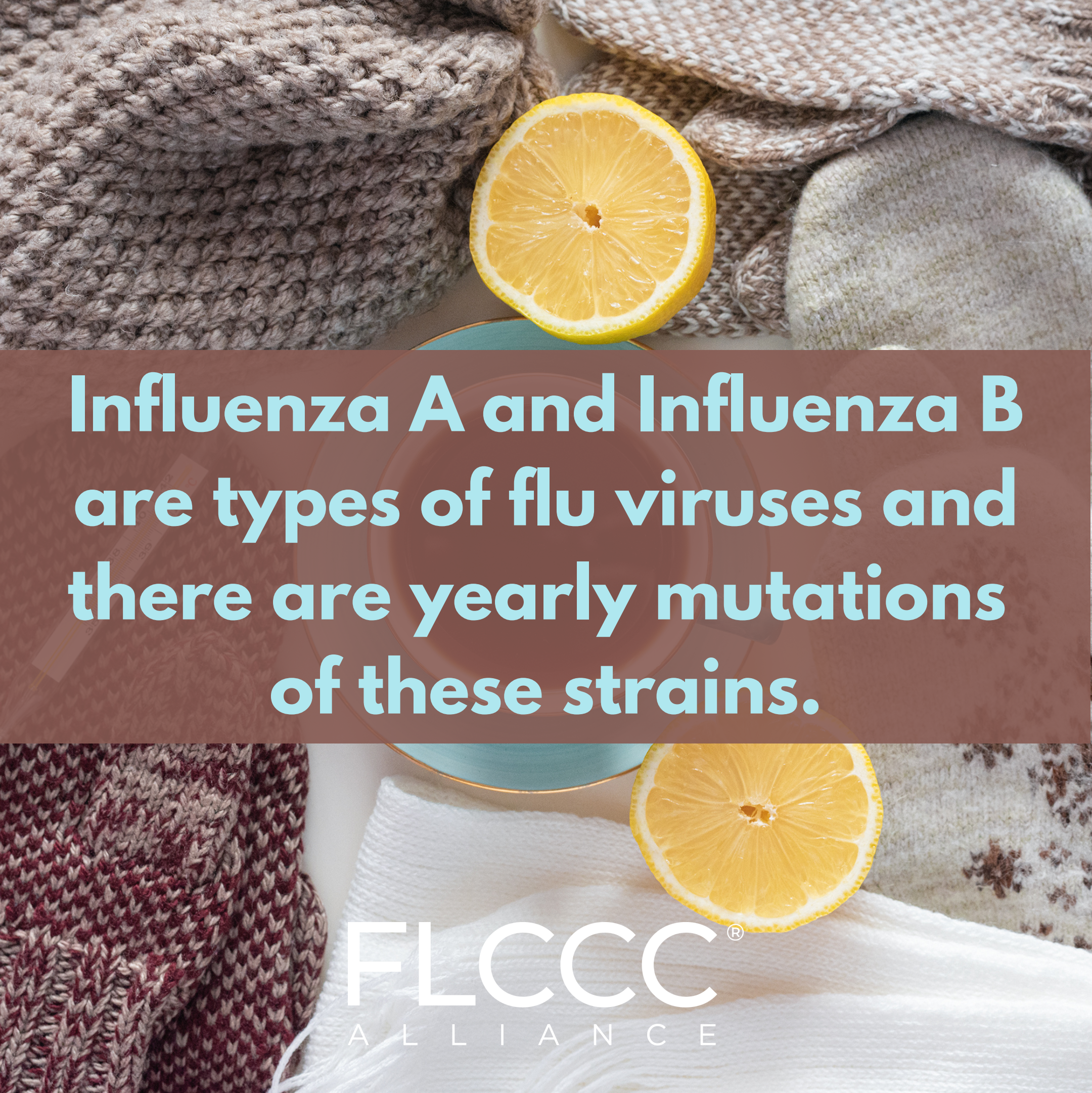


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Influenza (flu) is a highly contagious respiratory illness caused by the flu viruses.

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A collage of cozy winter items including knitted sweaters, a slice of orange, and a teal plate. The background features various textures of knitwear in shades of brown, beige, and red. A bright orange slice is prominently placed in the upper center, and another slice is in the lower right. A teal plate with a gold rim is partially visible in the center.

**Influenza A and Influenza B
are types of flu viruses and
there are yearly mutations
of these strains.**


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The most high risk people for severe infection are:

- people with chronic diseases such as heart and lung disease
- people with weakened immune systems
- the elderly

Symptoms of the flu can last 2 weeks and include:

- **sudden onset of high fevers**
- **dry hacking cough**
- **runny nose**
- **congestion**
- **sore throat**
- **muscle aches**
- **headache**




Children may have nausea, vomiting, and diarrhea but these are not common flu symptoms.

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A composite image showing a child with a white cloth on their forehead and a syringe being used to administer medicine. The text is overlaid on a dark brown horizontal band.

Children tend to have higher fevers than adults.

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The flu virus is spread by droplets from coughing and sneezing and people are usually contagious for 3-8 days.

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The FLCCC has treatment protocols for both prevention and treatment of influenza.

A close-up photograph of a hand holding a white, folded tissue. The tissue is held between the thumb and index finger, and its texture is clearly visible. The background is dark, making the white tissue stand out.

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**Always check with a
healthcare provider before
starting a new treatment.**

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A close-up photograph of water being poured from a dark glass pitcher into a clear glass. The water is captured in mid-pour, creating a dynamic, flowing shape. The background is a warm, out-of-focus brown color.

Things you can do at home:

- povidone iodine nasal spray
- mouthwash
- elderberry supplements or syrup
- vitamin C
- zinc
- NAC supplements


The logo for the FLCCCC Alliance. It features the word 'FLCCCC' in a large, white, sans-serif font with a registered trademark symbol (®) to its upper right. Below it, the word 'ALLIANCE' is written in a smaller, white, spaced-out sans-serif font. The logo is centered over a background of dried, brown plant matter, possibly herbs or roots, which is slightly out of focus.

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Treatments that are kid friendly:

- echinacea supplements
- elderberry supplements
- garlic
- oregano oil
- vitamin A
- vitamin D
- zinc supplements

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Get out in the sunlight and fresh air for 30 min/day or in regions with less sunlight you can use photobiomodulation with light therapy for 30 min/day.

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Medicines available from your healthcare provider or through a telemedicine provider if your symptoms progress:

- **Nitazoxanide**
- **Ivermectin**

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VITAMIN D

Have your vitamin D levels checked prior to becoming ill and supplement with vitamin D3/K2 if needed.

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**Tamiflu is not recommended
for treating influenza and
avoid taking acetaminophen
to treat fever.**

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**A great home remedy for
treating fever is tepid
(luke warm) baths.**

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Take control of your health.

**For more information:
FLCCC.NET/PROTOCOLS**

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