

# Informational Packet on Flu Symptoms and Response

Dear [Recipient's Name],

We hope this message finds you well. As we enter flu season, we want to ensure that you have the necessary information regarding flu symptoms and appropriate responses.

## Flu Symptoms

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some may experience vomiting or diarrhea (more common in children than adults)

## Response to Symptoms

If you experience any of the above symptoms, we recommend the following steps:

1. Stay home to avoid spreading the virus.
2. Consult with a healthcare provider for guidance.
3. Rest and hydrate.
4. Consider over-the-counter medications to relieve symptoms.
5. Monitor your symptoms and seek further medical attention if necessary.

## Resources

For further information, please refer to the following resources:

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)

Thank you for your attention to this important matter. Stay healthy!

Sincerely,

[Your Name]

[Your Title]

[Your Organization]