

How do I know if I have the flu or just a bad cold?

IF you have a runny nose, sore throat and mild to moderate discomfort it's likely that you have the common cold, which is caused by viruses such as respiratory syncytial virus or rhinovirus.

If you are struck by a sudden fever, headache, chills, and fatigue or weakness you may have the flu, which is caused by influenza virus. Unlike a cold, the flu is very debilitating, which is likely to make you stay in bed for several days.

Should I get the flu shot?

Yes. The vaccine targets three of the most common types of the flu – type A H1N1 and H3N2, as well as a type B.

Vaccination against the flu is particularly recommended for people with underlying conditions such as asthma, pregnant women, the elderly and health workers.

It's even more worthwhile for the 2022 flu season, because herd immunity is low as we haven't been exposed to flu the last couple of years, due to social distancing. Because of this, we are now seeing higher than normal numbers of cases.

Additionally, cases of combined flu and Covid-19 together are being treated, which is referred to as 'flurona'.

Sourced from Hudson Institute of Medical Research
