

# STOP INFLUENZA

## COMMON SYMPTOMS

- fever
- sore throat, cough and runny nose
- aches, chills and tiredness

## IF YOU'RE ILL, STAY AT HOME

- drink lots of fluids
- symptoms can be treated with painkillers
- flu usually clears up after a week's rest at home
- stay home from school until the fever has gone and other symptoms are improving



[www.thl.fi](http://www.thl.fi)



NATIONAL INSTITUTE  
FOR HEALTH AND WELFARE



MINISTRY OF  
SOCIAL AFFAIRS AND HEALTH