

Homoeopathic interventions for Prevention of Flu like illnesses

Protect yourself and family members from Flu like illnesses

Be aware of the symptoms:-

- Fever and cough; sore throat; runny or stuffy nose; difficulty in breathing; other symptoms may include bodyaches, headache, fatigue, chills, diarrhea and vomiting.

Follow the Do's and Dont's for prevention:

Do's	Dont's
<ul style="list-style-type: none">• Cover your mouth and nose with handkerchief or tissue paper, when you cough or sneeze• Wash your hands often with soap and water• Avoid touching your eyes, nose or mouth• Avoid crowded places; stay more than an arm's length from persons afflicted with Flu.• Stay away from public places if you have fever, coughing and sneezing.• Drink plenty of water and eat nutritious food• Sleep well	<ul style="list-style-type: none">• Shake hand or use other contact greeting• Spit in public• Take medicines without consulting the physician• Fasting for long or over eating• Take physical and mental stress

Homoeopathic Interventions Prevention of Flu like illnesses:

- On the basis of cases of flu like illnesses in the country, experts have recommended taking one dose of homoeopathic medicine Arsenicum album 30 (4 pills of size 30 by adults and 2 pills of size 30 by children) daily, on empty stomach, for 3 days.
- The dose should be repeated after one month by following the same schedule in case risk of flu like conditions persist.
- General hygiene measures, as suggested by the Ministry of Health & Family Welfare, Government of India, for prevention of the disease, should also be followed by the public.
- For treatment of flu any qualified Homoeopathic practitioner can be consulted.



Please contact a qualified doctor or any of the designated hospitals/dispensaries in case of severe symptoms.

Issued in public interest by



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