

## **The Flu Epidemic at UNAN**

*Written by Mr. Bill*

Good morning, UNAN! Today is Friday, January 25<sup>th</sup>, 2019.

Recently, the influenza virus, commonly known as “the flu,” has been spreading around our school. The flu is a contagious disease. That means that it can be transferred easily from one person to another. Have you ever had the flu? If you have, you know how miserable and sick it can make you feel. Some symptoms are a high fever, coughing, sore throat, headaches and feeling tired. You can feel sick for up to one week.

The flu virus spreads mainly by tiny droplets made when someone with the flu coughs, sneezes, or talks. These droplets can go inside the mouths and noses of people nearby. When a contagious disease spreads quickly, it is called an epidemic. Epidemics are scary because many people can become sick in a matter of a few days. In 1918, there was an influenza epidemic that swept the world and killed 50 million people. Now medicine is much better, so it is not as common to die from the flu. However, there seems to be a flu epidemic at UNAN high school. In the past two weeks, more than 50 students and four teachers have had the flu.

The best way to prevent yourself from getting the flu is to wash your hands often, wear a mask, and get a flu shot. A flu shot helps your body to become stronger against the flu virus. So everyone, please be careful during this flu season, and stay healthy. And if you got the flu, I hope you feel better soon.

