



PHT™
Health
Services
You First

Take a FLU shot at the Home or your Office space

PHT Health Services is with you in times as such!



Protect yourself from Influenza!

Seasonal flu occurs every year. The influenza acclimatization differs with the region. The Northern areas of India experience high numbers during the winters, whereas the Southern parts see an increase during the monsoon season. However, people with high-risk factors should start to avail of the vaccine against H1N1. It is crucial to take care of yourselves and your families across age groups from the

Spread & Symptoms

When an infected person coughs or sneezes, tiny droplets of saliva spread the flu virus over a large area. These droplets are capable of then breathed in by others or can obtain by touching surfaces where the droplets have touched down.



The most common symptoms



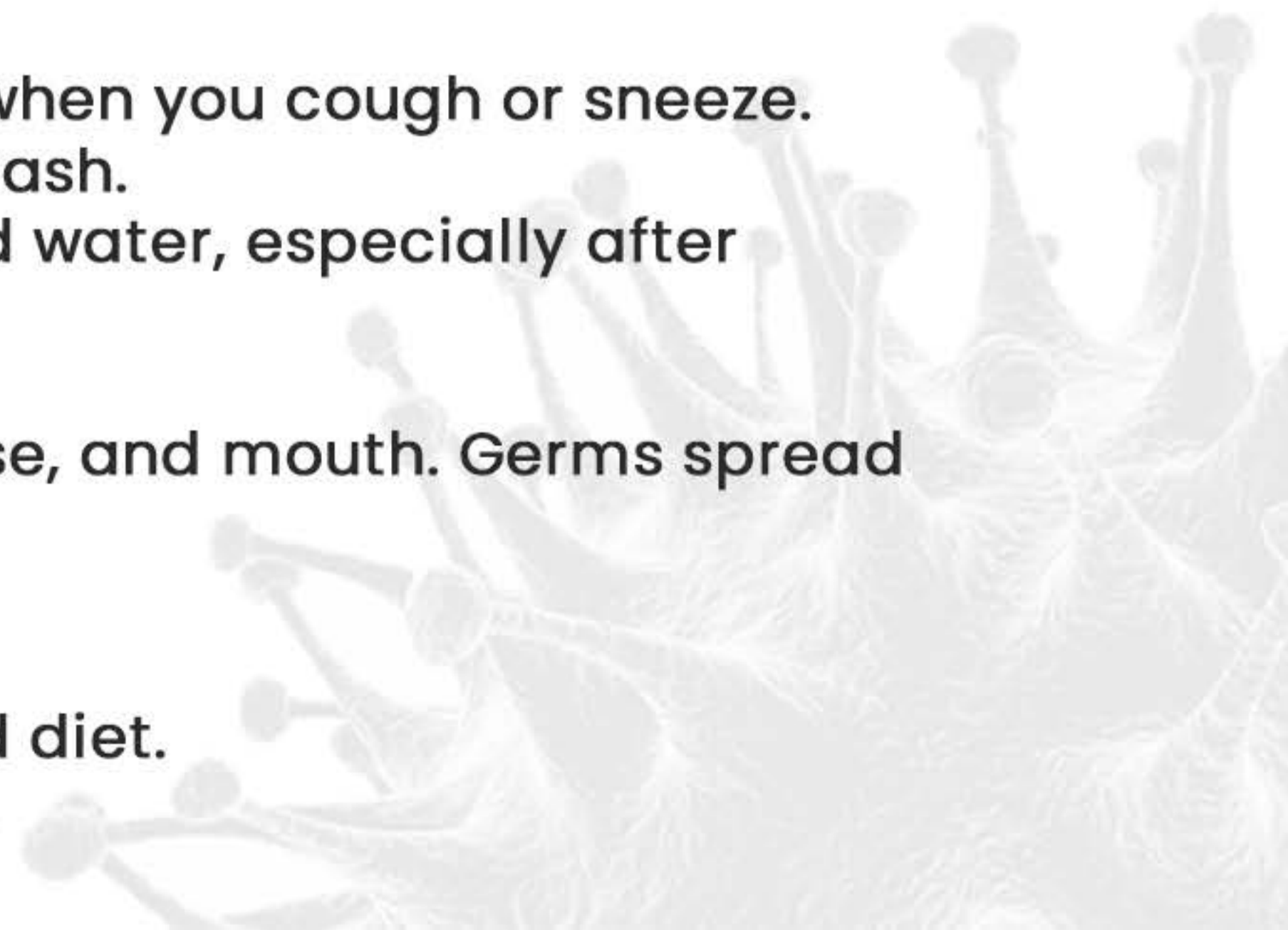
- 1 Cough
- 2 Fever
- 3 Sore Throat
- 4 Body aches
- 5 Stuffy or runny nose
- 6 Headache
- 7 Chills
- 8 Fatigue



How can one prevent Flu?

Flu is unforeseen, and the severity and impact may differ based on one's immunity. The susceptibility to infection is higher if there are any severe health conditions. The vaccine is the best protection against a virus that can cause severe illness.

- Cover your nose and mouth with a tissue when you cough or sneeze. After using the tissue, dispose of it in the trash.
- Frequently wash your hands with soap and water, especially after coughing or sneezing.
- Hand sanitizer when in public
- Keep your hands away from your eyes, nose, and mouth. Germs spread in this manner.
- Avoid contact with sick people.
- Get plenty of sleep.
- Drink plenty of liquid and have a balanced diet.
- Stay home from work or school if infected.





Who can be affected by Flu?

Any individual with an existing or long-term health condition or little or no immunity is susceptible. However, there are a few conditions that should be considered and one should avail of a vaccine or a Flu shot.

1. Anyone can avail of it as a preventive measure.
2. Pregnant woman with a doctor's prescription only.
3. Individuals with heart disease or chest complaints, breathing difficulties, bronchitis, kidney disease, and asthma.
4. Lower immunity.
5. Liver disease or Diabetes.
6. a neurological condition, e.g., multiple sclerosis (MS), cerebral palsy
7. a problem with your spleen, e.g., sickle cell disease, or you have had your spleen removed
8. Individuals who are overweight (BMI of 40 and above)

Who is recommended to avail vaccination?

The general public can avail of it as a preventive measure

PHT Health Services supports you with vaccination support at home by our trained healthcare professionals and provides lifestyle tips for a better recovery.

Please get in touch with us at info@phthealthservices.com or call us at 07977937410 or 02248964894 to book a vaccination appointment. It's time to be equipped to safeguard ourselves and stay away from Flu for a healthy life ahead!