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Advice and figures

How to fight the flu

The Center for Disease Control and Prevention (CDC), advises to take the three following actions to fight flu:

- Take the flu vaccine as it is important in protecting against flu viruses. Flu vaccination can reduce flu illnesses and so reduce missed work and school attendance, and also prevent flu-related hospitalisations and deaths.
- Take everyday preventive actions to stop the spread of germs, by avoiding close contact with sick people, while sick people should also avoid close contact with others, and stay at home if sick for at least 24 hours.
- It is obligatory to take flu antiviral drugs prescribed by doctors; patients who get the flu must take antiviral drugs in order to treat the illness and reduce symptoms.



Flu can be prevented using the right practices

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Important figures

Blood pressure is the force of blood pushing against the walls of the arteries that carry blood from heart to other parts of the body. Blood pressure normally rises and falls during the day; however, it can damage the heart and result in many health problems if it remains high for a long time. High blood pressure is also being called hypertension.

According to the American Heart Association (AHA), in the United States, about 77.9 million (one in three) adults had high blood pressure in 2014.

81.5% are aware they have it, 74. % are under current treatment, 52.5 % have it controlled, and 47.5 % do not have it controlled in US, according to

the AHA.

It is estimated that by 2030, 41.4% of US adults will have hypertension which is an 8.4% increase of from 2012 statistics, according to the AHA.

In Egypt more than 26% of people had high blood pressure in 2014 and two thirds of patients do not know they have it. Doctors succeed in controlling the condition in only 8% of the patients, according to the Egyptian Society for Hypertension.

50% of adults worldwide have high blood pressure and 30% of people worldwide get the condition, according to the World Health Organization (WHO).



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