

Forum:[Hack Forums](#)

Thread: [Anyone you had Influenza?](#)

Stixio - January 21, 2016, 2:00 am

Fucking hell, having flu right now, and was sleeping in more than 2 days in a row without doing shit, This is fucking me over so bad..

Anyone of you had this before? And can give me advice? I've been trying to eat / drink things that includes C Vitamins.

Hopefully I'm done with this shit sooner or later

PS: Been home from school for about 4 days now, Ain't feeling good at ALLLLLLLLLL!

Deniro Farrar - January 21, 2016, 2:06 am

Got the swine flu a couple years back, hope you feel better soon.

iSki - January 21, 2016, 3:23 am

It really depends on what variation of flu you're currently infected by. Without knowing your symptoms, it's very hard to diagnose you.

However, it is usually best to stay hydrated by drinking sugar-free energy drinks with electrolytes. I usually like to stick to specific foods that I'm certain I can hold down without vomiting. Such as rice, bananas, crackers and toast.

Dehydration is the leading cause for advanced symptoms when you're sick. So as long as you can hold down your fluids and solids, you should feel a decrease in symptoms at the 48 hour mark. That is if you truly have the common flu!

Feel better man! ^_^

lean yung - January 21, 2016, 3:28 am

Never got Influenza but I had pneumonia when I was 7

Linuxiety - January 21, 2016, 4:29 am

Well, I started with a cold around half December last year. After a week that cold was full blown pneumonia. I was fucking rekt man I couldn't even get up and had a fever of like 40 degrees C. Most fucked up thing was that I was sick on my birthday too.

I got antibiotics and it was all good a week or so later, but then I get the flu again. So I'm like wtf? But I just keep going to work I mean I just been sick so fuck that.

That was like two weeks ago. I got the flu again now. It's so frustrating I almost killed myself when I felt it coming up again. The rage is real.

So ye OP if you have the same as me you're literally fucked for a month or two. All these times I had the flu I was throwing up, sick as fuck, weak, pale, the whole thing. ?

wellager - January 21, 2016, 4:33 am

Had it back in early December. Have been clean since then

Ron. - January 22, 2016, 11:37 pm

The Flu?

Had it plenty of times, probably get it about once or twice a year. Fucking sucks.

VirtusGraphic - January 23, 2016, 10:01 am

I love orange juice, people say it helps cure you however; it helps relax your brain and it helps you stop thinking about the pain much. Pure orange juice.

Electric Forest - January 23, 2016, 10:02 am

yup i had it before...it sucks. but i got a flue shot this year and im fine

Jallu - January 23, 2016, 10:06 am

I had the swine flu and it was the worst shit ever.

Also AFTER that they gave me the vaccination like bitch please.

VirtusGraphic - January 23, 2016, 10:08 am

(Jan 23, 2016 11:06 AM)Wintows Wrote: [\[CITE\]](#) I had the swine flu and it was the worst shit ever.

Also AFTER that they gave me the vaccination like bitch please.

? Huh, so wait AFTER you had swine flu they gave you the vaccination? What the...

Jatt12345 - January 23, 2016, 10:19 am

I advise you to get your annual flu shots to avoid getting sick in the future. If you are Canadian, there is no fees to get your flu shot. It protects you and the people around you!

SantyMan - January 23, 2016, 10:22 am

I have had the flu before and it ain't pretty. I hope that you get better asap.

.Incognito - January 23, 2016, 11:04 am

I had it in November, it was relatively painful...

bk randy - January 23, 2016, 11:21 am

Yeah I had something like it

Take warm baths and keep an ice pack on your head

Eat fruits n soups

HwangVPN - January 24, 2016, 2:51 am

You didn't got a shot for flue?