



**INFLUENZA**

- Influenza is a viral infection of respiratory system occurring commonly
- just before winters.
- Normally known as VIRL
- Influenza viruses are of A, B and C types
- They are spread by close contact and aerosol transmission
- Persons over 65 years of age and those with chronic medical conditions are
- at increased risk for severe disease and death.
- It starts with sudden onset of fever, dry cough, myalgias headache and
- malaise. Disease usually lasts 3-7 days but cough and fatigue may persist.
- It can complicate because of appearance of viral or bacterial pneumonias.
- They tend to occur a few days after the onset of influenza.
- Mortality due to influenza varies from 30 to 150 deaths per 100000 persons
- are 65 years and older.
- Prevention is possible. Influenza vaccination is recommended for all
- adults above 50 years and any person six month of age or older with certain
- chronic medical conditions like heart and lung disease and diabetes, Vaccine
- should be given yearly preferably during October or November.
- In case of symptoms, one can take Paracetamol 650 mg tablet up to five
- times a day. If coughs and breathing problem worsen, contact a specialist
- immediately.