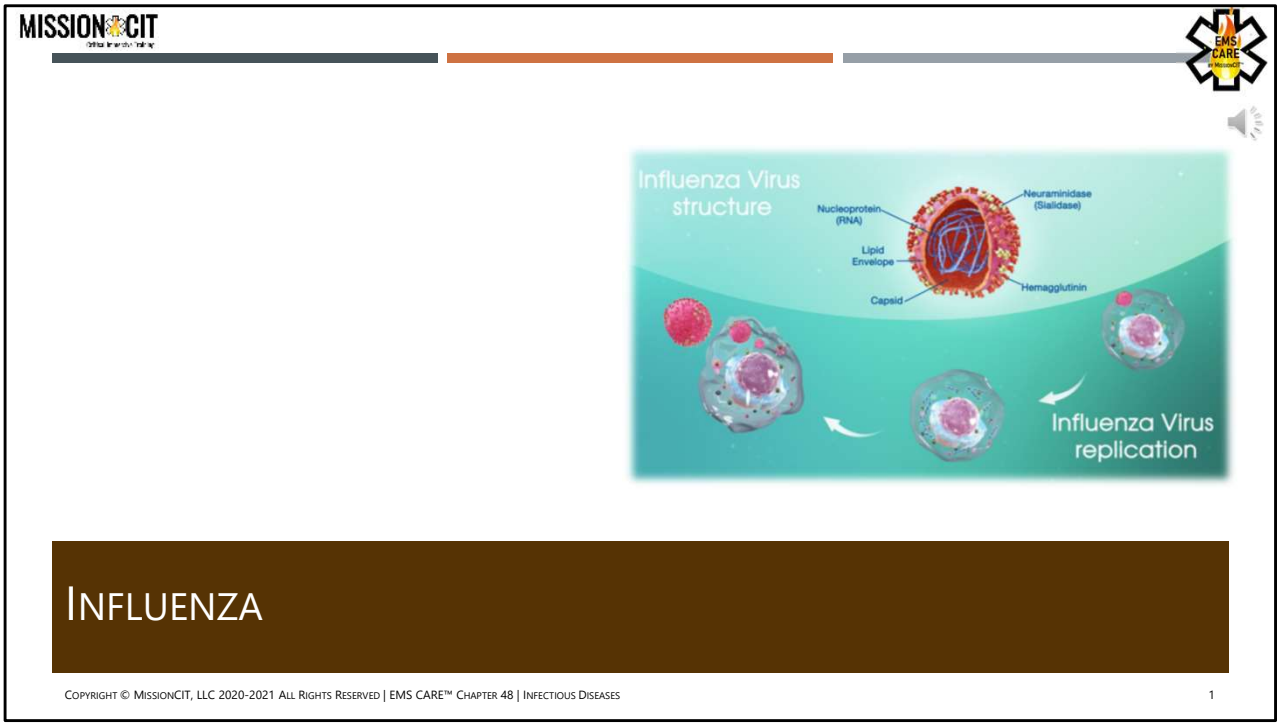
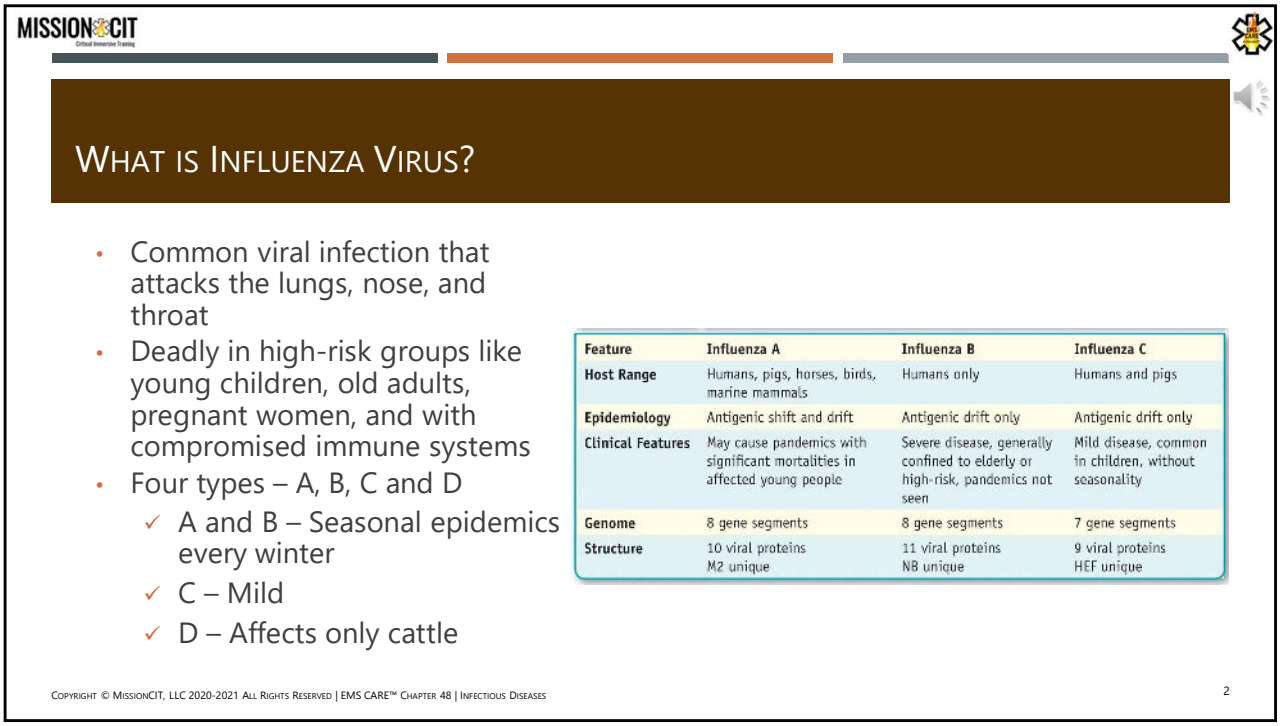


Thank you, Missah!

When you think of infectious diseases, one of the first things that come to your mind is Influenza. Commonly known as the flu, this disease impacts thousands of Americans each year, and vaccines are common during the flu season.

In this lesson, we'll talk about flu and the red flags you must watch out for.



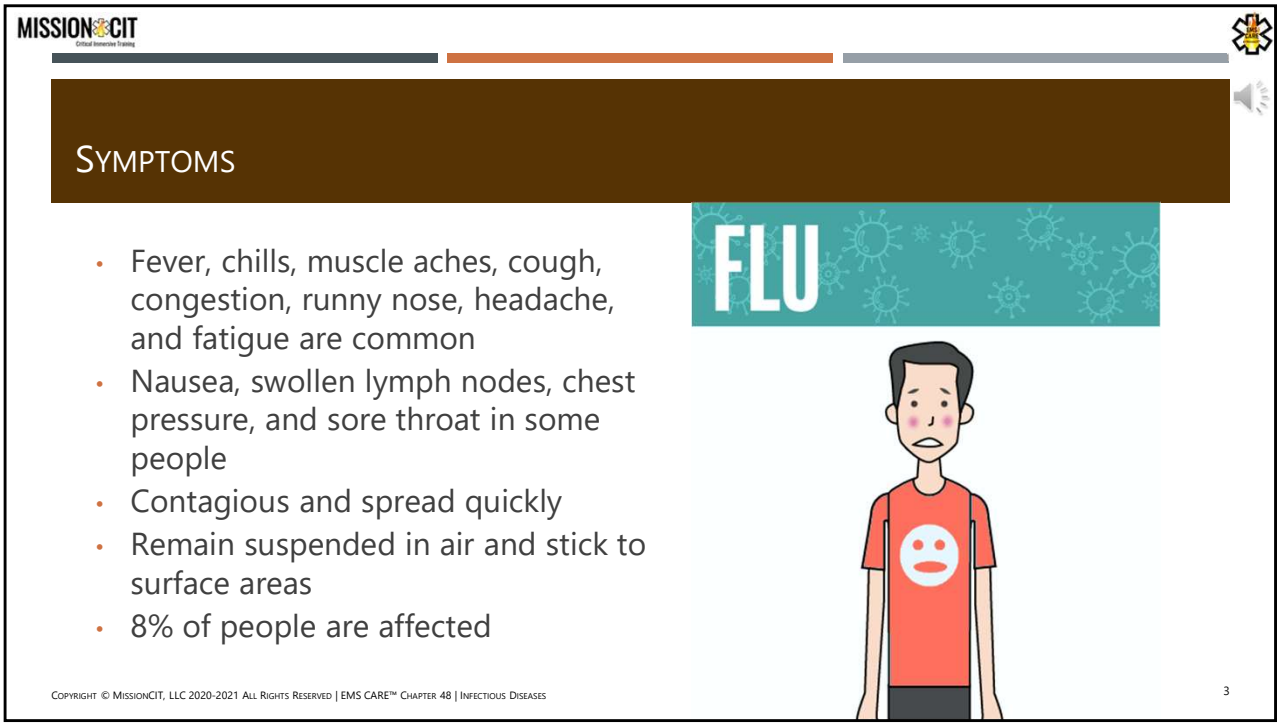
Influenza, commonly called flu, is a common viral infection that attacks the lungs, nose, and throat. It can be deadly, especially in high-risk groups such as young children, old adults, pregnant women, and those with chronic or weak immune systems.

Broadly classified, there are four types of influenza viruses, A, B, C, and D.

Out of these, types A and B cause seasonal epidemics during winter in the United States. The C virus is known to be mild, while the D affects only cattle. The A and B

types are further divided into sub-types.

These viruses infect the nose, throat, and respiratory system and may even lead to death.



Flu caused by the influenza virus is characterized by fever, chills, muscle aches, cough, congestion, runny nose, headache, and fatigue.

Some people may have nausea, swollen lymph nodes, chest pressure, and sore throat as symptoms.

While the symptoms may seem mild, what makes this virus dangerous is its contagious properties that can quickly affect large groups of people.

These viruses spread mainly by tiny droplets that emanate from the nose and throat while a person talks,

coughs, or sneezes. It can also be contagious by sticking on to surface areas.

Due to this contagious property, CDC estimates that about 8% of the U.S population are infected each year. The range may vary from 3 to 11 percent. It is more likely to affect young children and people over the age of 65 years.

How Does Flu Make You Sick

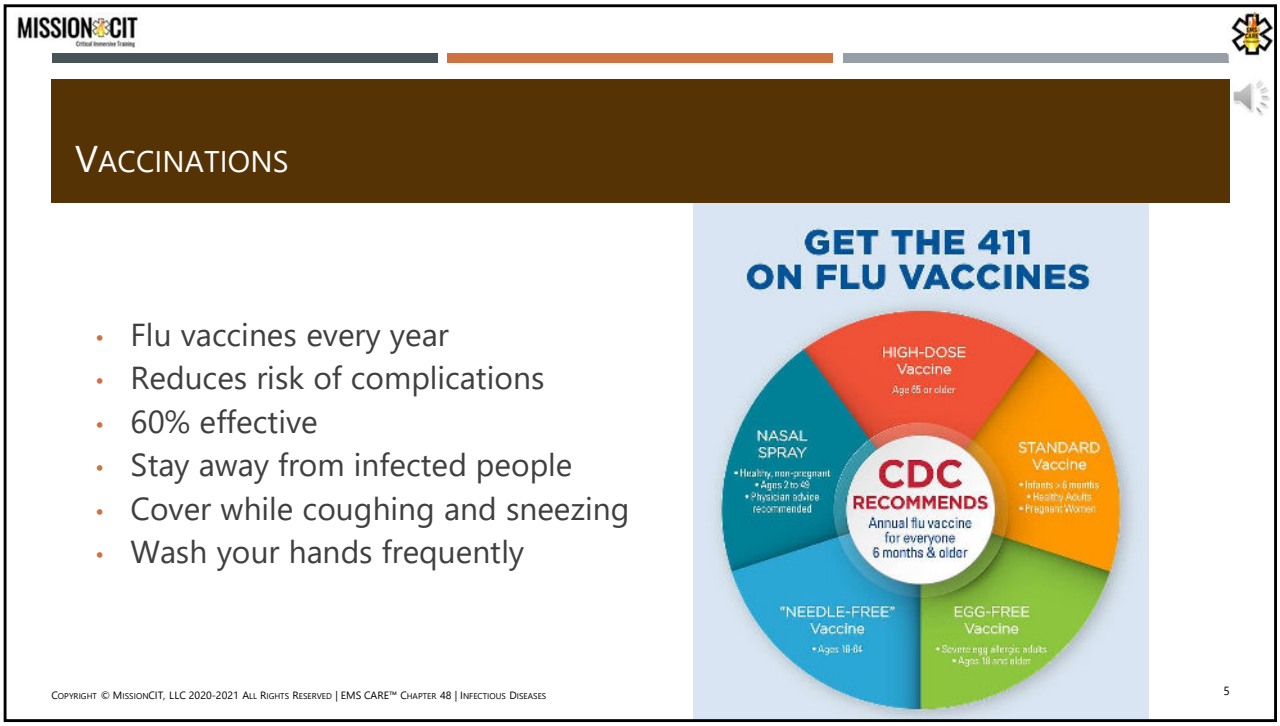
- When people with flu cough or sneeze, you can inhale droplets that contain flu viruses
- The virus infect your cells and make copies of themselves
- Flu virus infection triggers inflammation in your body
- Severe inflammation can cause lung damage



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Flu virus infection triggers inflammation in the body. Severe inflammation can cause lung damage and other serious problems. Everyone 6 months and older need a flu vaccine each year. Help your patients join the fight against flu. Watch this video for more information on 'How the flu can make you sick‘.



The easiest way to prevent the flu is to get a flu vaccine each year. This effectively reduces flu-related illnesses and the risk of severe flu complications that result in hospitalization or even death. It is also known to be 60% effective.

Besides vaccines, the CDC also recommends preventive actions, such as staying away from unwell people, covering while coughing and sneezing, and frequenting washing hands to slow down the spread of germs.

What Should You Do?

- Most contagious in the first 3-4 days
- Healthy adults can infect others from first day too
- Symptoms become visible within the first four days
- Hard to identify from just the symptoms
- Evaluate the severity and transport if needed



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So, what should we do if a patient is down with the flu? As a first step, it's crucial to understand the way the virus spreads. People with flu are most contagious in the initial 3-4 days after their illness begins. Some healthy adults can infect others right from the first day too.

The symptoms become visible within the first four days of infection and cause complications, such as bacterial pneumonia, sinus, worsening of chronic medical conditions such as asthma, diabetes, and congestive heart failure. In general, distinguishing flu from other viral or bacterial respiratory illnesses can be difficult

based on symptoms alone.

So, when you notice any of these symptoms during the flu season, evaluate the severity, and transport the patient at the earliest.

Doctors tend to prescribe antiviral drugs to treat flu. In severe cases, hospitalization may also be necessary.

With this, we come to the end of this lesson, and in the next one, Missah will talk about septic shock.