

## Influenza :Detailed summary about its types, prevention and vaccination

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Influenza is mostly caused by three sorts of RNA viruses. The disease, generally called "flu" in humans, is principally caused by the viruses A and B, that are transmitted by air from infected individuals or by close Contact with the infected animals. Influenza A could be a virus that causes flu, that causes a highly contagious disease.

If you're contracted with it, you must rest reception isolated and avoid meeting others. Vaccination can protect you from this disease. CDC statistics say that influenza has results in between 45 million illness and 61,000 death yearly since 2010.

Symptoms are fever, headache, muscle aches, tiredness, weakness, sore throat etc.

Treatment for influenza is resting in bed, taking mild pain relief to cut back your pain, drinking many liquids, eating Some people may develop pneumonia and mainly effect elderly people, and also children. The antiviral treatment is also given for reducing this condition

These style of treatments are mostly effective once they are started within 2 days of flu symptoms appearing, so it's better consult doctor whether it require Antibiotics that only work for bacterial infections, that may not work for flu.

Prevention Measures are Maintaining home quarantine without infecting others, Regularly washing your hands once you cough or sneeze, Wiping the surfaces that you just touching and cleaning the garments with detergents., vaccinating before every winter as virus changes each year.

### Types of influenza

Types A and B are the virus that occur in every winter and lead to epidemics.. Type C influenza could be a mild disease compared to other types does not result in epidemics. Type D effects only cattle but not human.

### Influenza B


Influenza B have a light symptoms when put next with influenza A. While influenza A can cause to mild to severe symptoms across all age people and in animals, influenza B only affects humans. And also , influenza B also effects children over adults. It mainly causes stronger symptoms than influenza C.

Some of the symptoms are being unable to urinate, a fever or

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cough that improves, then returns, possibly worse than before , severe muscle pain, worsening of chronic health conditions, suffocation, chest pain ,persistent dizziness ,seizures

Treatment for influenza is resting in bed, taking mild pain relief to cut back your pain, drinking lots of liquids, eating light foods after you are hungry

Prevention measures like Maintaining home quarantine without infecting others Regularly washing your hands once you cough or sneeze ,Wiping the surfaces that you touch and clear the garments with detergent regularly Vaccinating before every winter as virus changes once a year.

Vaccine is offered to the people age above 6 months and vaccine can be taken when a person works with infected person. Vaccine also decreases the rate of cause of influenza disease.

People with this complication need to take more preventive care if they are suffering from cancer, heart diseases, elder people also because they have very low resistances. People suffering from neurological disorder should also take vaccine so that they don't get infected with the influenza disease

People with this complication should compulsory take vaccine for each year