

# Influenza

With beginning of winter, all people start to think about influenza disease which causes many symptoms that affect their performance. Influenza is a transmitted viral disease that affects respiratory system.

## **What are the symptoms of this disease?**

Sudden fever (39 – 40°C), which persists for 3 days.

Headache.

Dry cough which differs in severity from one person to another. This cough may cause chest pain.

Cold sores & pharyngeal pains with increase in nasal secretions.



## **How do you relieve symptoms of influenza?**

Use antipyretics and analgesics.

Eat foods enriched with vitamin C.

Take soups.

Take herbal tea such as camomile & anise.

## **What is the ideal treatment of influenza?**

No efficient treatment is available for influenza because the causative viruses vary every year. Thus, the best treatment is prophylaxis by vaccination.

## **What is flu vaccine?**

Flu vaccine contains killed causative viruses.

This vaccine stimulates the immunity system of the patient to produce antibodies against the most common causative viruses during winter season.

