

Information regarding the flu (influenza)

What is the flu?

There are three types of flu viruses: type A, type B, and type C. Type C in humans is said to rarely reach epidemic proportions. The flu is transmitted by inhaling a flu virus contained in particles from an infected patient's cough or sneeze, or by touching your mouth or nose with the hands contaminated with a virus.

When a child becomes infected, he/she is not allowed to attend until 2 days (3 days for infants) after the fever goes down, and 5 days have passed since the onset of symptoms.

What are the symptoms?

The flu is the result of infection by droplet via coughing or sneezing or is the result of infection by direct contact.

Main symptoms include fever, chills, headache, cough, sore throat, runny nose, muscle aches, and pain in the joints. However, pneumonia and encephalitis may occur in children, the elderly, and people with weakened immune systems.

When does it usually occur?

There is an increased risk from the fall when the air becomes drier until winter, and cases usually peak around January.

How can it be prevented?

For prevention, carefully wash your hands with soap and running water, use a clean towel or paper towel to dry your hands, and do not share the same towel as other people.

In addition, cover your mouth and nose with tissue paper when you cough or sneeze to prevent transmission to others around you. Immediately dispose of any used tissue paper in the trash because they are contaminated with viruses and other pathogens, and then thoroughly wash your hands.