



Short Communication

Strategies and Control the Seasonal Influenza

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Economic Benefits of Immunization [1]

- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths
- Vaccination can reduce the cost of influenza, as Vaccinating children: A number of studies indicate immunizing children can be cost saving or cost beneficial. The strategies targeting those at higher risk as the pregnant patients and babies can be more effective than childhood vaccination.
- Data on the potential economic benefits of vaccination can help inform immunization policy development alongside disease burden information.

Economic Benefits of Immunization [1]

- Immunization reduces 89% risk of healthy people.
- Vaccination helps protect women during pregnancy and their babies for up to 6 months after they are born. One study showed that giving flu vaccine to pregnant women was **92% effective** in preventing hospitalization of infants for flu
- Pregnant women and women up to 2 weeks after the end of pregnancy (CDC flu vaccine benefits website)
- Immunization reduces 85% risk of influenza syndromes and reduces 41% risk of infection in children [2]
- A study of vaccination program introduced in Ontario, Canada reduced the number of cases of influenza by 61% and deaths by 28%. The universal program reduced healthcare costs by 52% [3-7].

What is Influenza? [2]

Influenza is an acute and infectious disease caused by virus; virus attached the respiratory tract (nose, throat, lung)

Signs of Influenza

High Fever; Sore Throat; Pain in joint and muscle; Running Noses; Body Aches; Vomiting; Headache; Cough with or without sputum; Tired; Diarrhea

Body:

High Fever
Pain in joint and muscle
Body Aches
Headache
Tired
Diarrhea

Respiratory Tract:

Sore Throat
Running Noses
Vomiting
Cough with or without sputum

How Serious it is?

1. According to World Health Organization, every year, seasonal Influenza cause about 250,000-500,000 deaths due to vaccination cannot reach the pregnant patients
2. Every year, 5-15% adults and nearly 250,000-500,000 persons die from influenza.
3. Vaccination of women during pregnancy may protect the infant through transfer of antibodies from the mother
4. Pregnant women have a higher risk for serious influenza-related complications than non-pregnant women of reproductive age as pneumonia complications, myocardium inflammation, meninges inflammation; and severe pneumonia inflammation can cause death in influenza risk groups.
5. Pregnant women who get the flu are at higher risk of hospitalizations and deaths, than non-pregnant women.
6. Severe illness in the pregnant mother can also be dangerous to her fetus because it increases the chance for serious problems such as premature labor and delivery.

How does Seasonal Flu Spread? [1]

1. Directly spread by respiratory tract: the healthy persons breath the humoralism with virus when the patients cough, sneeze, talk without covering the mouth.
2. Indirectly contact with objects with transmitted virus from door, computer keyboard, telephone

3. Duration is 2 days before signs to 5 days of acquiring flu.

Seasonal Influenza: Preventive Methods

1. Decreasing Risk of Flu

- Wash hand with clean water and soaps; alcohol
- Cover mouth, noses, sneezing with cloth or papers, then throw into dustbin.
- Do clean for the working, school and housing environment.
- Avoid the patients with SI with the distance of 1 meter. Wear the gauze mask in case of contact with patients whose have an acute respiratory inflammation, contacted with the birds and water-related animals
- Avoid the crowded areas in the distance of 2-3 metres
- Stay at home when getting Flu

2. Getting Flu Vaccine

3. Flu Treatment

- Take a Good Rest
- Drink Plenty of Water
- Washing Hand
- Rinse one's mouth
- Drink Fluid of Vitamin C
- Antiviral drugs work best for treatment when they are started within 2 days of getting sick
- Oseltamivir (Tamiflu) and Zanamivir (brand name Relenza) as Pill and Liquid

Is Immunization Safe?

1. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired from 24-48 hours.
2. Influenza vaccination needs to inject every year due to immunization effect lasts 1 year, after that antibody reduces under the level of body protection from seasonal influenza virus.
3. The changes of influenza virus have happened every year, each manufacturing companies should revise the vaccination components to be suitable with influenza vaccination strategies in the world.

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