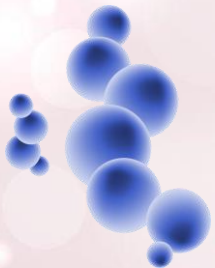


FACULTY OF APPLIED MEDICAL SCIENCES
كلية العلوم الطبية التطبيقية

FLYING TO THE FLU

Titles

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OBJECTIVES

01

Discuss the nature of flu viruses & flu.

02

Explain the factors that increase the risk of contracting flu.

03



Outline influenza vaccination recommendations.

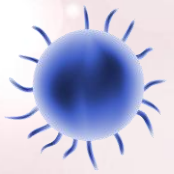
04

Describe the preventative measures one should take during travel.




INTRODUCTION

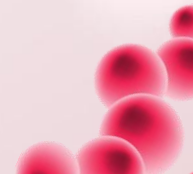
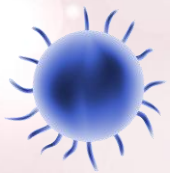
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- 
- Flu viruses are a family of viruses from the Orthomyxoviridea group.
 - The flu is a contagious respiratory illness caused by the flu virus. It can cause mild to severe illness, and at times can lead to death.
 - There are four type of flu viruses :
 1. Influenza A : pandemics & flu seasons.
 2. Influenza B : flu seasons.
 3. Influenza C : mild symptoms.
 4. Influenza D : infects livestock.





Transmission & symptoms

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- Flu viruses spread mainly from person to person through coughing or sneezing.
 - Many times you pass on the flu to someone else before you even know that you are sick.
 - Fever, headache, dry cough, sore throat & extreme tiredness.
 - Runny or stuffy nose, muscle aches, stomach symptoms, such as nausea and vomiting and diarrhea.




Treatment

- Bed rest.
- Hydration-with eight ounces of fluid every hour.
- Acetaminophen, ibuprofen, naproxen.
- Avoid aspirin when dealing with children.





Every year in the us, on average:


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- 5% to 20% of the population gets the flu.
 - More than 200,000 people are hospitalized from flu complications.
 - About 36,000 people die from the flu.





Risk factors



Factors that may increase your risk of developing the flu or its complications include:

- 
- Age.
 - Weakened immune system.
 - Chronic illnesses.
 - Aspirin use under age 19.
 - Pregnancy.
 - Obesity.





Vaccinations against flu are recommended to :


- 
- all travelers belonging to risk groups regarding complications.
 - if there are no medical contraindications – all travelers who want to avoid the disease and its complications.
 - large groups of people (pilgrims, participants of cruises, especially long term cruises).
 - people traveling to the tropics (all the year).
- 



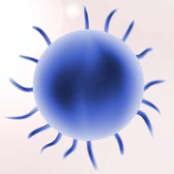



Influenza Prevention

Protecting Yourself:

- 
- Yearly vaccinations
 - Wash your hands regularly
 - Avoid touching eyes, nose and mouth
 - Avoid close contact with sick people

Protecting Others:

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- 
- Stay at home when sick
 - Cover your cough
 - Everything that we have covered



CONCLUSIONS

- Prevention is better than cure!
- Vaccine is important for prevention.
- Avoid contact with infected people.
- Symptoms aren't dangerous.
- The flu is a highly infectious, contagious viral disease.



References

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THANK
YOU!

