

# Influenza

By: Joan Tiu

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# What is Influenza?

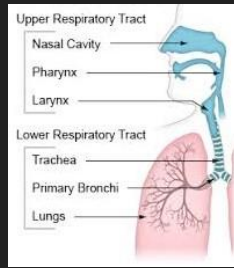
Influenza or flu is a contagious illness caused by several influenza viruses called Myxovirus.



It can cause mild to severe illness, at times can lead to death

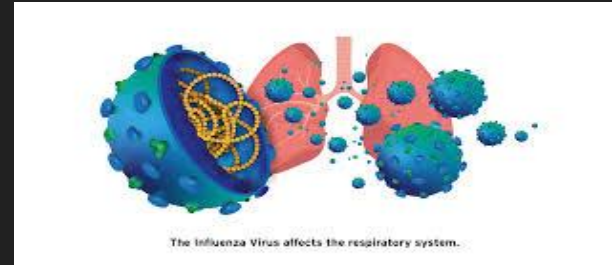
# Parts/Organs affected by Influenza

Respiratory tract, nose, throat



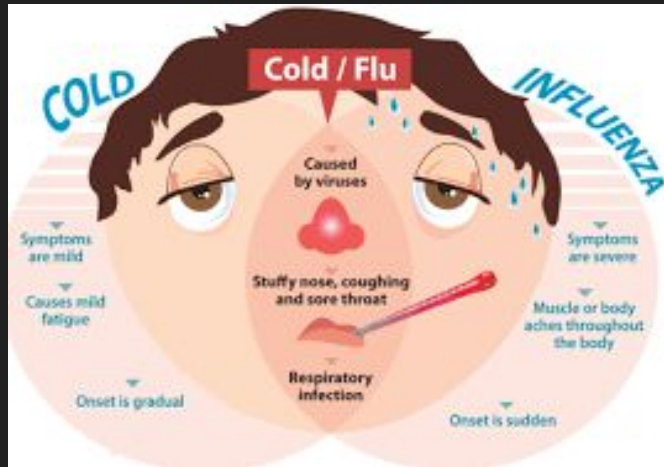
How are these organs affected by Influenza?

In severe cases of flu, fluid accumulates in the lungs, making it difficult to breathe and preventing oxygen from reaching the bloodstream.



The virus particles are inhaled into the nose, where the infection starts, then the virus moves down to the lungs.

# How can people obtain Influenza?



The viruses can spread when people with the disease talk, cough, or sneeze, sending droplets with virus into the air potentially into the mouths or noses of people who are around.



You can also catch the virus by touching surfaces with droplets of the virus and touching your own face afterwards.

# How can Influenza be detected?

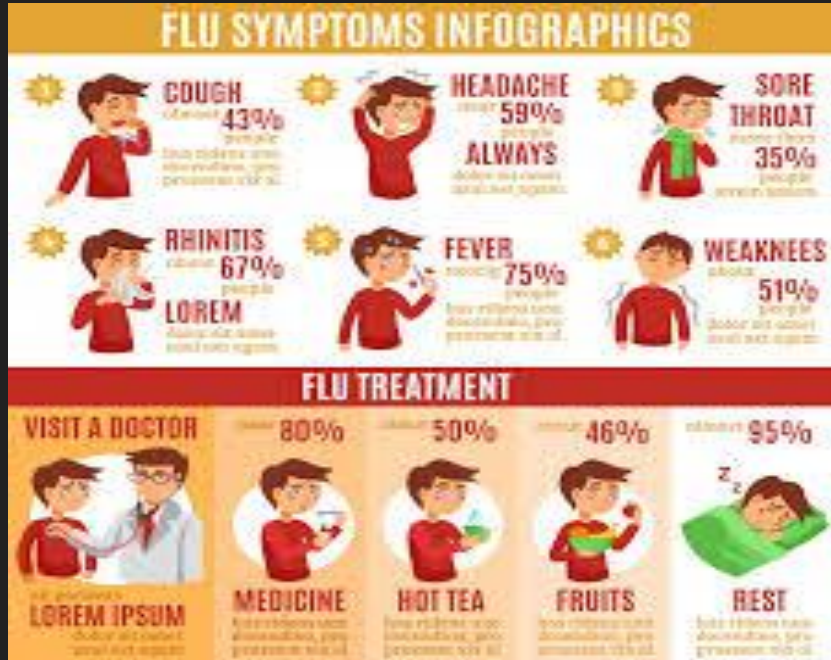
Influenza can be detected by its symptoms. Which are: chills, fever, severe headache, muscular pains, runny nose, and general discomfort.

# How can influenza be prevented?

Ways to prevent Influenza:

- Get a vaccine every year.
- Wash/sanitize your hands at all times.
- Cover your mouth and nose with a tissue every time you cough or sneeze.
- Refrain from touching your face.
- Stay at home when you are sick.
- Avoid close contact with people that are sick.
- Always clean touched surfaces at your home.

# How can Influenza be treated?



There are a lot of ways to treat Influenza.

You need to rest and have plenty of fluid. Stay at home and avoid contact with other people. You can sit in a steamy bathroom.

Antiviral drugs are an option. You can also take over-the-counter drugs if the disease is just mild. If the disease is severe, seek medical help immediately. Specially if you have asthma, diabetes, or heart disease.

# References/Sources:

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