



COMMON COLD / INFLUENZA



By:
Jorn Kenzo Miranda
Grade 9-Proverbs





WHAT IS THE COMMON COLD?

- The common cold is a viral infection of your nose and throat (upper respiratory tract). It's usually harmless, although it might not feel that way. Many types of viruses can cause a common cold.
- Children younger than 6 are at greatest risk of colds, but healthy adults can also expect to have two or three colds annually.
- Most people recover from a common cold in a week or 10 days. Symptoms might last longer in people who smoke. If symptoms don't improve, see your doctor.



Where did it come from?

The history of the common cold is a tricky one. The cause of the common cold was discovered in the 1950s but the disease was with us for a long time.

In Egypt. There was a disease with the symptoms similar to the common cold written on Egyptian Ebers papyrus.

The reason it's called the common cold is because how similar the disease symptoms are to people being exposed to cold weather.





WHAT IS INFLUENZA?

Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.

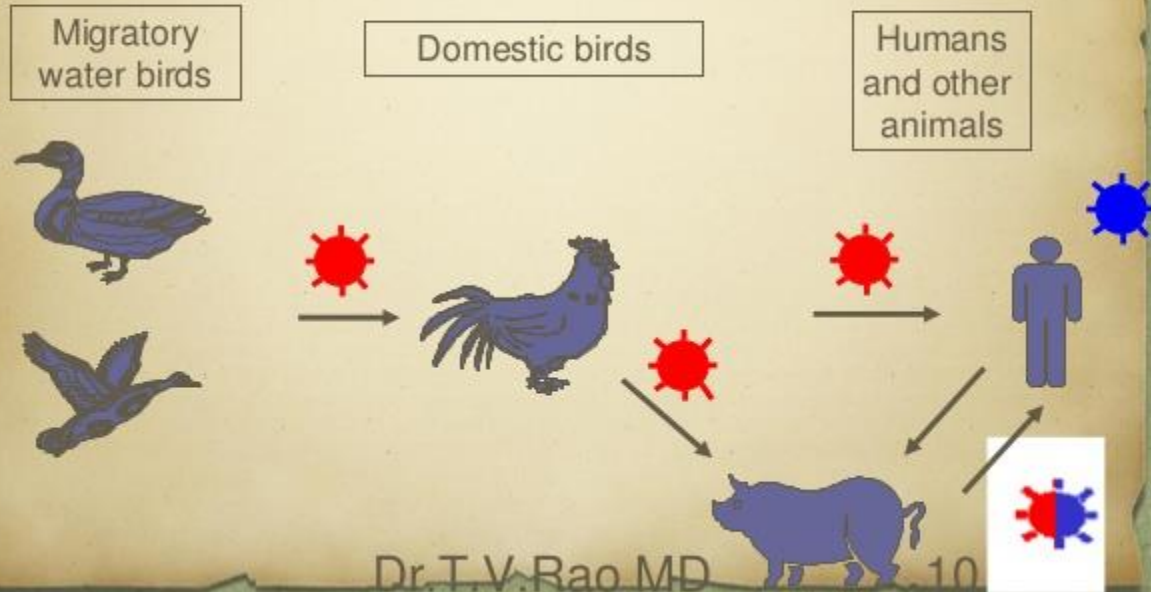
For most people, the flu resolves on its own. But sometimes, influenza and its complications can be deadly. People at higher risk of developing flu complications include:

- Young children under age 5, and especially those under 6 months
- Adults older than age 65
- Residents of nursing homes and other long-term care facilities
- Pregnant women and women up to two weeks after giving birth
- People with weakened immune systems
- People who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes
- People who are very obese, with a body mass index (BMI) of 40 or higher



Where does influenza A virus come from?

Human influenza A viruses start as avian (bird) influenza viruses



Dr. T. V. Rao MD

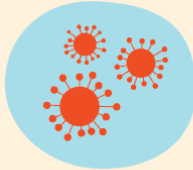
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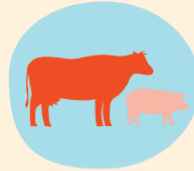
Different Types of Flu



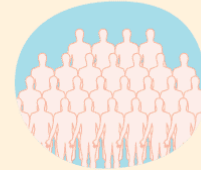
Seasonal Flu



Influenza C



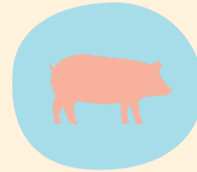
Influenza D



Flu Pandemic



Influenza A



H1N1 Swine Flu



Influenza B



H5N1 Bird Flu



Cold Symptoms vs. Flu Symptoms



Congestion



Itchy/watery eyes



Feeling tired



Cough



Runny/stuffy nose



Sore throat



Headache



Fever



Body aches



Extreme fatigue

Cold

Flu



Colds and flu treatments



Lots of rest



Avoid cigarette smoke



Plenty of water



Keep warm



Eat a healthy diet



Steam inhalation



Paracetamol or ibuprofen for fever, aches and pains



Saline nasal sprays or decongestants for a blocked or runny nose



Throat lozenges for a sore throat



Do not use cough medicines for children younger than 6 years old



HELP PROTECT FROM COLD & FLU



**CONSIDER GETTING A
FLU SHOT**



**WASH YOUR HANDS OFTEN
WITH SOAP AND WATER FOR
AT LEAST 20 SECONDS OR USE
ALCOHOL-BASED HAND RUB**



**AVOID TOUCHING YOUR EYES,
NOSE OR MOUTH. GERMS
SPREAD THIS WAY.**





THANKS!



Do you have any questions?
jorn@gcfsmcs.ph.ed

