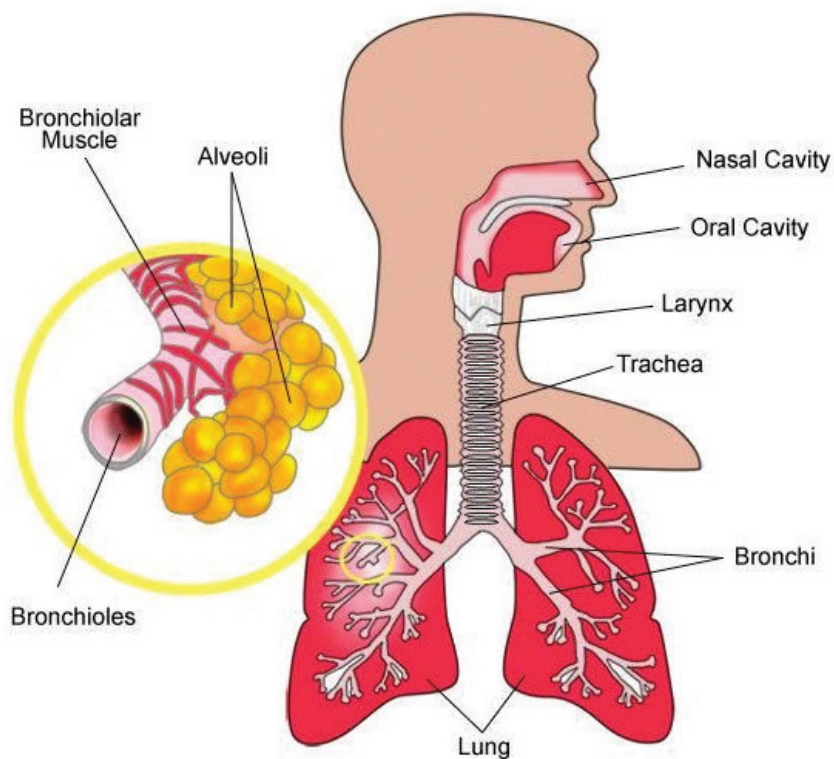


INFLUENZA (FLU)



DEPARTMENT OF
INTERNAL MEDICINE



FLU is an infection of respiratory tract caused by virus In India it can occur throughout the year but 2 major peaks are seen in (January to March) and (August to October). It is highly contagious disease spread mainly during cough, Sneeze (through Droplets) and by touching objects which are contaminated with FLU virus

ANYONE CAN BE AFFECTED BY FLU EVEN HEALTHY INDIVIDUALS

But high risk individuals are:

- People age > 65 years
- Pregnant
- Individuals with chronic illness like
- Diabetes mellitus
- Asthma, COPD
- Liver and Kidney Disorder
- Obesity

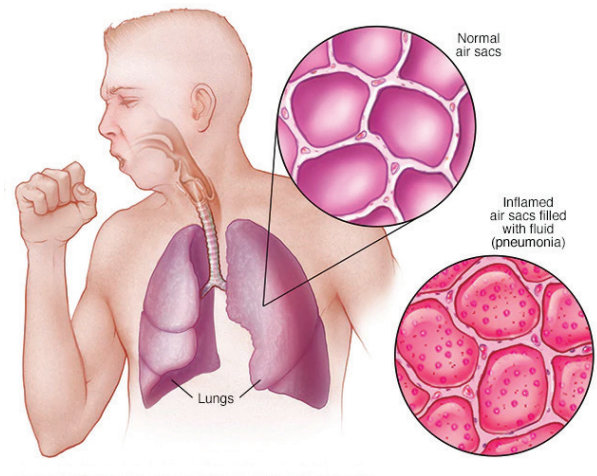
Signs/Symptoms of Disease:

- Fever, Chills
- Headache, Body ache
- Sore throat
- Cough, runny nose

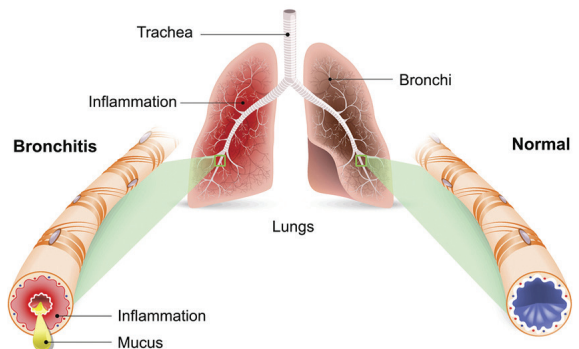
Some of the Complications:

- Pneumonia
- Bronchitis
- Myocardial infarction
- Multi-Organ Failure
- Sepsis or Loss of life

Pneumonia



BRONCHITIS



An Annual flu vaccine is the best way to reduce your risk of flu and its potential serious consequences. While some people who get vaccinated may still get flu, however research shows reduced severity of illness in vaccinated people.

How does flu vaccine work?

Flu vaccines help in production of antibodies and protect against infection. The seasonal flu vaccine protects against the Influenza viruses that research indicates will be most common during the season.

The Types of Vaccines are:

- Trivalent Influenza A (H1N1) (Swine flu).
- Influenza A (H3N2).
- Influenza B.

Quadrivalent above 3 mentioned strains + Influenza B.



Who needs Protection?

World health organization recommends everyone above 6 months of age get vaccinated every flu season i.e. yearly. It takes about 2 weeks for protection to develop after vaccination. Each year a new flu vaccine is made to protect against the viruses that are likely to cause critical illness and complications.

How Safe are the Vaccines?

THE VACCINE DOES NOT CAUSE FLU

Who shouldn't get vaccinated :

- Previous does of influenza vaccine causing allergic reactions.
- Severe or life threatening, Anaphylaxis.
- Individuals with history of Guillain Barre Syndrome (GBS) which presents with numbness or weakness of lower limbs.

What are possible side-effects of vaccination?

- Soreness, redness and swelling where shot is given.
- In rare cases fever.
- Muscle aches, headaches.
- 1 or 2 persons/million may get affected with GBS



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