

THE NEW FLU

The flu is a common sickness caused by virus that produces epidemic every winter. The new flu (H1/N1) is also caused by a virus. We are not facing it by immunizing and a lot of people can be affected for that reason.

Can we relax?

Yes. The risk of the complication of this flu is low and similar to that of the normal flu. Nevertheless will it have probabilities to present complication to people with chronic disease like immunosuppression or pregnant women. The standard vaccine for the flu does not protect against new virus but they are working towards a new specific vaccine that will be available very soon.

Antiviral drugs currently exist as a way of reducing the duration of symptoms of flu approximately a day just as the probabilities of complications but as all the medications have secondary effect. Therefore they must be prescribed by medical professionals who will value the benefits and risks in the people with probabilities of complications.

IT'S TRANSMISSION

The virus of the flu is transmitted from one to another through the little drops when we speak, cough or sneeze and previously also by touching your nose, mouth or eyes after touching objects contaminated by the virus. The virus is transmitted from day 1 before the beginning of the symptoms up to 7 days after but especially the first 3 days.

How to prevent it's transmission

The probabilities of transmitting the virus is reduced by:

- Washing hands and rubbing the fingers frequently with soap and water. Is the measure of effective health
- Maintaining an adequate household cleaning with usual products.
- Covering mouth and nose when sneezing or coughing, preferably with the inner elbow.
- Using tissue and throwing used tissue into the bin after.
- It is best to stay home when you are affected by the flu till you're cured, stay away from work, school and place where people are crowded to prevent it from spreading.

WHAT TO DO AGAINST THE NEW FLU

The symptoms of the flu commence brusquely with high fever, muscular pains, Headache and general pain. Cough can also appear. Throat pains, snot and tears in some cases, vomiting y diarrhea. They are usually mild and go away in 7 to 10 days without complications.

Recommendations to cure the flu

- Staying at home resting, ventilating and avoiding the cold.
- When there is fever above 38 degrees, general disturbances, Headache or Muscular pains take analgesics-antipyretics such as paracetamol.
- Drink abundant liquid and make fumes or steam inhalations.

- Eat healthy and if there is no hunger drink fruit juice, vegetables broth and infusions.
- Do not smoke nor inhale smoke snuff.
- Remember the methods to prevent the transmission of the sickness.

Is very important to watch the symptoms that indicates complications:

- Difficulties to breath or sensation of short of air, pain in the chest or broadside.
- Sudden complication of illness or unusual appearance of symptoms.
- The symptoms are not referred in 10 days.
- The fever continues high with more than 38 degrees of 4 or more days.

WHEN TO GO TO YOUR HEALTH CENTRE

In general the flu is cured at home by taking good care of ones self and not necessarily identifying the type of flu nor indicated to take antiviral drugs. Neither is it useful to take antibiotics without a medical indication. They are not effective against the virus.

You are recommended to call your health centre to book an appointment the day if:

- You have a chronic heart disease, respiratory, kidney, liver or blood, diabetes treated with drugs, neuromuscular severe or morbid obesity.
- You have immunosuppression for transplants, HIV/AIDS, drink immunosuppressive drugs and also not having a cup.
- When younger than 18 years and is in continues treatment with aspirin.
- When less than 5 years.
- When pregnant.
- When you have some symptoms that can indicate complications.

If you need time off from work please let the staff of your health centre know by call on phone.

REMEMBER

- We can be calm in terms of this new flu.
- We must wash our hands frequently (Is the only way we can prevent the transmission).
- Continue at home the methods to take care of the flu and use the health with responsibility.
- Call your health centre to book an appointment in the same day you feel the symptom of the flu and chronic illness or when you feel complicated symptoms or immunosuppression, is less than 5 years or being pregnant.

TO RESOLVE THOUGHTS

- CONSULT WITH YOUR NURSE FROM YOUR HEALTH CENTRE BY PHONE
- CALL THE INFORMATION NUMBER FOR THE FLU 848425050 and follow the recommendations.
- CONSULT www.navarra.es