



Advisory on Viral Illness (FLU)



By

Blue Circle Medi Services



BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR Advisory on “Viral Illness (Flu)”

Viral Illness (Flu)

With the weather oscillating between hot and rainy, hospitals in Delhi NCR are reporting rise in cases of Viral illness. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness.

Signs and Symptoms of Flu

It is observed that signs and symptoms of Viral disease may sometimes be construed to COVID-19, but it is always advised to consult the medical professionals and get the required investigations as directed.

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

How Flu Spreads

Flu viruses spread mainly by tiny droplets when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

- Mask and Physical distancing is the need of the hour.
- Hand Hygiene will prove to be beneficial.



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Everyday preventive actions

- Try to avoid close contact with sick people, and wear mask.
- If you or your Roommate gets sick with flu-like illness, it is recommended that one of you (or your roommate) shift out till the symptoms go away and return only after 48 hours after the fever is gone except to get medical care or for other necessities.
- Keep the infected persons laundry separate.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

Remember: Dos and Don't

Do's	Don't
Eat healthy, it boosts immunity and helps fight Infections.	Do not touch your nose, eyes after touching unknown surfaces.
Cover nose and mouth with a tissue while coughing or sneezing (if don't have a tissue, Your sleeve will do)	Try to avoid using too many extra blankets when you have chills.
Keep surfaces like doorknobs, tables etc. Clean	In Viral Fever we don't require any specific treatment just symptomatic treatment.
Wash your hands with soap and water.	If fever persists please consult a doctor, do not use any over the counter medication.
Rest as much as possible	Eat a low-impact diet, fruit is ideal. Avoid food that uses lots of digestive energy like meat. If you have no appetite then don't eat but do drink adequate water.
Take tepid bath or using cold compresses to make yourself more comfortable.	Do not share your belongings like handkerchief and food with other people, especially with children and old aged ones to minimize the chances of spread.

This advisory is based on the article published in Medical Journals Please click the below link <http://www.kc.bluecircle.in>

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