Prevention of influenza and coronavirus infection

Influenza and Coronavirus Viruses

Influenza? Coronavirus? Acute respiratory viral infection?

Clean hands are your protection!

Prevention of flu and coronavirus infection. Flu virus and coronavirus infections cause respiratory diseases of different severity. Symptoms of the disease are similar to those of ordinary (seasonal) flu. The severity of the disease depends on a number of factors, including the general condition of the health status and age. Predisposed to the disease: elderly people, small children, pregnant women and people suffering from chronic diseases (asthma, diabetes, cardiovascular diseases), and with a weakened immune system.

RULE 1. WASH HANDS WITH SOAP FREQUENTLY

Clean and disinfect surfaces using household detergents. Hand hygiene is an important measure to prevent the spread of influenza and coronavirus infection. Washing hands with soap removes viruses. If it is not possible to wash your hands with soap, use alcohol-containing or disinfecting wipes. Cleaning and regular disinfection of surfaces (tables, door handles, chairs, gadgets, etc.) removes viruses.

RULE 2. FOLLOW DISTANCE AND ETIQUETTE

Viruses are transmitted from a sick person to a healthy person by airborne droplets (by sneezing, coughing), so a distance of at least 1 meter from patients should be observed.

Avoid touching your eyes, nose, or mouth. Influenza virus and coronavirus spread through these pathways. Wear a mask or use other improvised protective equipment to reduce the risk of illness.

When coughing, sneezing, cover your mouth and nose with disposable wipes, which should be discarded after use. Avoiding unnecessary trips and visiting crowded places can reduce the risk of illness.

RULE 3. LEAD A HEALTHY LIFESTYLE

A healthy lifestyle increases the body's resistance to infection. Follow a healthy regimen, including proper sleep, consumption of foods rich in proteins, vitamins and minerals, and physical activity.

RULE 4. PROTECT BREATHING ORGANS BY USING A MEDICAL MASK

Among other means of prevention, wearing masks occupies a special place, due to which the spread of the virus is limited. Medical masks for respiratory protection use:

- when visiting crowded places, traveling by public transport during the period of increasing incidence of acute respiratory viral infections;

- when caring for patients with acute respiratory viral infections;

- when communicating with persons with signs of acute respiratory viral infection;

- with the risks of infection by other infections transmitted by airborne droplets.

HOW TO WEAR THE MASK CORRECTLY?

Masks can have a different design. They can be disposable or can be used repeatedly. There are masks that serve 2, 4, 6 hours. The cost of these masks is different, due to different impregnation. But you can’t wear the same mask all the time, so you can infect yourself twice. Which side inward to wear a medical mask is unprincipled. To protect yourself from infection, it is extremely important to wear it correctly:

- the mask should be carefully fixed, tightly close the mouth and nose, without leaving gaps;

- try not to touch the surfaces of the mask when removing it, if you touch it, wash your hands thoroughly with soap or alcohol;

- wet or damp mask should be replaced with a new, dry;

- do not use a disposable mask a second time;

- the used disposable mask should be discarded immediately. When caring for the patient, after the end of contact with the sick person, the mask should be removed immediately. After removing the mask, wash your hands immediately and thoroughly. The mask is appropriate if you are in a place of crowded people, in public transport, and also when caring for the sick, but it is not practical outdoors. During your stay on the street, it is useful to breathe fresh air and you should not wear a mask. However, doctors recall that this single measure does not provide complete protection against the disease. In addition to wearing a mask, other preventive measures must be observed.

RULE 5. WHAT TO DO IN CASE OF INFLUENZA, CORONAVIRUS INFECTION?

Stay at home and call a doctor immediately.

Follow your doctor's instructions, observe bed rest, and drink as much fluid as possible.

WHAT ARE THE SYMPTOMS OF INFLUENZA / CORONAVIRUS INFECTION?

High body temperature, chills, headache, weakness, nasal congestion, cough, shortness of breath, muscle pain, conjunctivitis. In some cases, there may be symptoms of a gastrointestinal upset: nausea, vomiting, diarrhea.

WHAT ARE THE COMPLICATIONS

Among the complications, viral pneumonia is leading. Deterioration in viral pneumonia is proceeding rapidly, and many patients have already developed respiratory failure within 24 hours, requiring immediate respiratory support with mechanical ventilation. Quickly started treatment helps to alleviate the severity of the disease.

WHAT TO DO IF IN THE FAMILY SOMEONE SICKED IN INFLUENZA /CORONAVIRUS INFECTION

Call a doctor.

Isolate the patient in a separate room in the house. If this is not possible, keep a distance of at least 1 meter from the patient. Keep contact between the patient and family members to a minimum, especially children, the elderly and those with chronic diseases. Ventilate the room frequently. Keep clean and disinfect the surface with household detergents. Wash your hands often with soap. While caring for the patient, cover your mouth and nose with a mask or other protective equipment (handkerchief, scarf, etc.). Only one family member should look after the patient.