

Introduction to Public Health

LCHS4004_BIRM

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Introduction

Influenza or flu commonly known is a viral infection which can have many like symptoms such as coughs, sneezes, fevers, joint pains and aching muscles and can spread very quickly it is very unpleasant and may take up to 2 weeks to cure.

It is transmitted through household and community settings

There are many ways to prevent/control this by looking at the following steps: -

- Measure -
- Monitor
- Control

Measure

Influenza outbreak is a common infectious viral illness which can spread quickly and very easily. To measure the virus this can be done by collection of data from the NHS, local surveillance on public health data, the number of people that are exposed to the virus, the number of deaths, the record of people hospitalised, and the impact its having to the country. Also, to determine if the virus has come from people who may come from the other countries.

Researchers say it can be life threatening especially to those who are older people, young children and to those with underlying health conditions.

There are many measures that are put in place to slow the spread of the virus, organizations researchers and developers have implemented many cures to prevent spread of the virus, and if so a track and trace is recorded and log to survey those with symptoms to avoid any rid spread of flu. The NHS also send

out automated message to ensure that people are taking their flu vaccines this also enables them to collect data to check if vaccines that are given work effectively, and also to research and re-introduce better vaccines.

According to government researchers there are two types of influenza affecting people:-

- influenza A which is life threatening
- Influenza B usually mild illness seen most common in children.

Monitor

To monitor influenza is analyse data collected from outpatients and hospitals to determine how many people have mild/severe symptoms, when the influenza is at its highest and what could be done to cure/diagnostics and reduce their symptoms at a early stage. How to monitor the infectious disease is by firstly looking at how quickly the virus is spread? what the causes it to spread quickly?

The virus can be spread by means of close contact touching a person who has cough, cold and sneezes, or by an object anywhere someone with virus has touched.

influenza happens in the winter season, where it is likely for someone to have the symptoms and commonly known has the season of flu. The other means we could monitor is to find out if schools most vulnerable had flu injections which could also prevent the spread of virus. Looking at what new measures can place such as routine patient testing is done, this is so that as technology is growing there will be better remedies and cures to prevent getting symptoms early.

Control

There are many strategies to control influenza outbreaks.

Influenza usually takes up to 2 weeks to get better also by bed rest, drinking plenty of fluid and take painkillers, and many and prevention programs to prevent transmission of virus.

The government public health I have implemented a flu vaccination programme vaccines to be taken when its most likely to be high for influenza/flu in the winter season.

Where possible stay indoors, self-isolate when out in public or when going into hospitals wear face masks. Under the government guidelines and in television they have advised not to antibiotics as they are not good for you unless advised by the GP.

Avoid use of personal belongings such as drinking glasses, razor, combs

It has been enforced by the government that flu vaccines should be given to all and to those in schools and are vulnerable.

There are many pharmacies who you could go to that can give advice in battling with influenza and can give you medicines and also if necessary when asked give you a flu vaccine, also the NHS offer free vaccines to vulnerable people and to young school children.

There are non-emergency telephone numbers to get advice such as 111.

Also due to the pandemic of corona virus which as many influenza like systems home test kits are also available. Maintain proper hygiene Washing and disinfecting objects, Hand sanitizers are also available to avoid spreading germs

on the objects that has been made in contact. For those who are affected a track and trace policy is introduced as to where the infection is most common and to form a automated guide to keep oneself protected and isolate from those around to avoid contact.

Government have also instructed for those who go to work if possible, stay at home or work from home.

Conclusion

In conclusion we need a healthier lifestyle to build up a better immune system. the UK government and health officials have both aided and challenged agencies when dealing with the influenza. The government should always have room for more improvement and researchers are to produce better remedies and vaccines to control influenza. The NHS have taken action to advise and guide like the government to follow other alternatives for those mild systems. We know that to treat influenza can take up 2 weeks to recover.

Bibliography

References:-

www.nhs.gov.uk (latest gov guidelines)

google.co.uk

UK public health and influenza.com

Notes from LCHS class.