FIGHTING FLU VIRUS IN SCHOOLS

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School children are vulnerable to many illnesses in school. One of the most common ailments is flu. It seems no one is exempted from contacting it. When news came out that there is flu outbreak, people often tend to panic. What causes the panic is the terrifying tales of fatalities which gets worse as the days pass.

The H1N1 epidemic on 2009 is probably one outbreak that caused people to freak out and get really scared. The number of deaths, cases, and geographic spread are some of the metrics that are used to gauge the severity of the virus. On 2003-2004, it was the H3N2 strain that caused panic since it tends to cause more severe flu seasons. This is because it alters more in the eggs used to manufacture flu vaccines. This means immunity is not built up making the strain look deadlier.

Records showed that roughly 9.1% of all deaths are due to flu and pneumonia, a common complication of flu. This break down is a rough estimate of 716 direct flu deaths and 2,855 pneumonia deaths.

With this number, common colds and flu, are common illnesses among school children should not just be given a shrug in the shoulder. Flu vaccine should be encouraged and given emphasis during health education sessions given to teachers and parents. Children should also be made more aware of what to do to prevent contacting flu virus and how to combat it.
Aside from the vaccine, adequate vitamins and minerals should be provided to the child to boost the immune system. The right food should be given alongside hygiene and exercise. The best way to combat the disease is to protect one’s body from the flu virus by boosting the immune system. The basics like proper handwashing, Vitamin C, lots of fluids, exercise, and proper nutrition are most helpful to achieve this.

References:

