WHO GETS THE FLU?

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The flu virus – common but dreaded. Who does not get hit by the flu is a statement that seems to be nothing but usual. The worst hit age groups are the very old and the very young. This is because they have a somehow sensitive immune system.

For the recent flu virus attacks, the Baby Boomers were hit the most. This can be because they were not generally vaccinated as adults and that they may not have been exposed to the newly found virus strain such as H3N2 when they were young. Researchers are still on the look whether if the flu virus one was exposed to as a child would help determine how the person would react to it in his entire life. For example, those who were exposed to the H1N1 flu virus that circulated from 1918 to 1947 seemed to survive better when the swine flu in 2009 came about but were somewhat helpless when the H3N1 came about. Researchers recommend then that the age group be given the annual flu shot for protection.

As for any common illnesses, taking precaution is always the best way to prevent and combat them. As health educators, precautionary measures should always be a part of health education campaigns especially in schools. This is for the benefit of everybody not only the school children but the entire community where the school is located.

Getting a flu vaccine is never late. It is always high time to get a vaccine even before the flu season begins because it takes a few weeks to build up immunity against it so getting a way through it is still very helpful.
It is important to understand also that even if it is true that you can still get the flu even if you have a shot, it still helps your body in fighting back. This means your flu symptoms will not be as severe when you do not have a flu shot at all. It also lessens the chance of you being a carrier of the flu virus which you may pass on to another. So, you can get the flu shot for other people, not for yourself.

When you have the flu, the best action is to stay home to prevent it from spreading to others. Also, wash your hands a lot because this small, simple act actually makes a lot of difference in fighting and preventing the flu from spreading.

References:

