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Did spanish flu die out on its own

BSP/Universal Images Group via Getty Images Flu season can hit hard, causing you to take time off from work or school while you spend time recovering from your symptoms. Even if you get the latest vaccine, you can still come down with the flu particularly during autumn and winter. That's why it's important to learn the symptoms; when you recognize them early on, you can start treatment and ease some of the discomfort. What Is the Flu? Influenza, otherwise known as the "flu," is a respiratory illness. It's caused by a virus, and it's easily transmitted from person to person. It can cause a range of symptoms that range from mild to severe. Because the influenza is a virus, it mutates, meaning that it changes its structure over time. That's why people need to get flu shots every year. The previous year's shots were made to combat the prominent strains that were circulating that year, but by the time the next flu season rolls around, different versions of the virus begin making people sick, so the vaccines are no longer effective. They're just different enough to infect you, but not enough to cause distinctly different symptoms. Because the flu is a respiratory illness, it primarily affects your nose, throat and sometimes lungs. If you come down with the flu, you're likely to experience symptoms in these areas of your body — and others. About 8% of the U.S. population comes down with the flu every year. How Do You Catch the Flu? The flu virus spreads while people are in the contagious stage of the illness. When you talk, cough or sneeze, tiny, virus-infected droplets spray out of your mouth and sometimes your nose. When this happens, the droplets can land in other people's mouths or noses, infecting them in the process. This isn't the only way the flu spreads, however. The droplets can land on surfaces and remain active there for several hours. They tend to survive longest on hard surfaces like stainless steel and plastic, and they don't remain active as long outside your body when they land on fabric or other soft surfaces. If you touch an infected surface and then touch your nose, eyes or mouth, you might infect yourself with flu germs. The most common way to contract the flu, though, is by inhaling droplets from an infected person's cough or sneeze. The contagious stage of the flu can last quite a while, and it's possible that, in the earliest stage, you've been infected but aren't showing any symptoms yet. During this time, which lasts about a day or two, you can still pass the virus to other people. You can also transmit the flu to other people for around seven days or so after you start experiencing symptoms. Flu Virus Symptoms Although flu viruses are somewhat different from each other from year to year, the symptoms they cause generally remain the same. Although some of the symptoms resemble those of the common cold, the flu comes on more suddenly instead of worsening progressively over the course of a few days. It's common for the flu to give you some respiratory symptoms. You might have a running or congested nose and a sore throat. A persistent, dry cough is also an early symptom you may experience before some of the more uncomfortable effects of the flu develop. This virus also causes pain. The muscles all over your body may ache, causing you to feel weak and making it difficult to move. You might also experience a headache because your nasal and sinus cavities become inflamed. Another hallmark of the flu is a fever, meaning your body temperature is over 100.4 degrees Fahrenheit. This is another symptom that's common in the earlier stages of the flu, and it's often accompanied by chills that cause you to shiver. You may also feel extremely tired, and this fatigue can come on quickly. While you're this exhausted, you may find it difficult to engage in your normal daily activities. When you have the flu, you might feel some or all of these symptoms. Some may be more severe than others. Although some people believe that the flu always causes a fever, this isn't necessarily the case. You can still have the flu and not have a fever, headache or other common symptom. Emergency Symptoms With rest and proper care, you can usually treat the flu on your own at home. But it's essential to remember that not everyone responds to the virus the same way. Sometimes, the flu is more severe and can cause symptoms that require emergency medical care. If you're experiencing chest pain and tightness, problems breathing or a blue tint to your skin and lips, get medical care right away. Your body may not be getting enough oxygen, and it's important that you're under a doctor's care to treat these symptoms. A fever that doesn't go away after a few days, goes away and comes back or keeps climbing higher also requires emergency care. You may also feel dizzy or confused; even if your fever isn't worsening, you should still have a physician check monitor these symptoms. Your flu symptoms should begin to ease and disappear within a week or two. If they're not getting worse but they also don't seem to be getting better, call up your primary care physician to learn your next steps. Treatment Options for the Flu Your doctor may perform a test to diagnose you with the flu, but it's more common that they'll ask about your signs and symptoms to figure out what's going on. After diagnosing you with the flu, your doctor might prescribe an antiviral medicine that can lessen your symptoms if you take it soon enough after those symptoms begin. This medicine can shorten the time you're sick and help prevent complications. Usually, doctors save this type of treatment for people who have severe cases of the illness or those who are at a higher risk of developing complications. Getting plenty of rest and drinking fluids while staying home are some of the most effective treatments for helping your body fight the infection. Opt for clear liquids like water, juice and broth to keep yourself from dehydrating. Sleeping as much as you need to can help your immune system fight off the virus. Over-the-counter pain relievers, cough suppressants and decongestants can help you manage your symptoms and keep yourself more comfortable. Resource Links: MORE FROM SYMPTOMFIND.COM Photo Courtesy: [Brothers91/E+/Getty Images] "The flu" is a term commonly used to describe seasonal influenza, an illness caused by one of numerous influenza viruses. This highly contagious infection affects your respiratory system, causing symptoms that can range from mild to life-threatening. The Centers for Disease Control and Prevention (CDC) estimates that 3–11% of the population within the United States becomes infected with the flu each year. Among infected individuals, hundreds of thousands may require hospitalization and more than 36,000 individuals typically die each year from the flu. Infections are most common in the fall and winter, so this period of each year is referred to as "flu season." If you're concerned about the flu, learn more about the symptoms to look out for, along with some important tips for stopping the spread of this serious illness. There are several types of influenza viruses that can cause infection. Each of these viruses is spread from person to person via droplets that are naturally expelled when we talk, cough, sing or sneeze. Other people can then inhale the droplets or transfer them into their bodies by touching a contaminated surface and then touching their eyes, nose or mouth. Once the virus enters your body, it quickly replicates and causes symptoms of the flu. A person who's infected with an influenza virus is typically contagious one day before their symptoms begin appearing and up to seven days after their symptoms first start. During this period, the virus is actively replicating and can easily be passed on to other people who are in close contact. Symptoms of Influenza Symptoms of the flu usually begin within one to four days of exposure to the virus. Many common flu symptoms are very similar to cold symptoms, though they typically come on more suddenly than they do when you have a cold. When you've been infected with an influenza virus, you'll likely experience some or all of the following: FeverCoughingSore throatRunny noseCongestionHeadachesBody or muscle achesChillsFatigue or weaknessLoss of appetiteNausea, vomiting or diarrhea (these occur more often in children) Generally speaking, flu symptoms are more severe and more debilitating than symptoms of the common cold. Flu symptoms typically last for one to two weeks and most often resolve on their own. However, in certain cases, influenza infections can lead to more serious complications and require intervention from a medical professional. Certain populations are at a higher risk of developing health complications related to the seasonal flu. These individuals include: Children under 5 years old (children under 6 months have an even greater risk)Adults 65 years of age or older (especially in long-term care environments)Pregnant people or those who have recently given birth People living with the following health conditions also may be at a higher risk for developing complications from the flu: Chronic lung disease or asthmaHeart diseaseBlood, kidney or liver disordersMetabolic disordersNeurological and neurodevelopmental conditionsObesityIndividuals under the age of 19 who are taking long-term aspirin therapy Anyone with a compromised immune system, like people living with cancer, HIV or AIDS If you experience flu-related complications, you may need to be hospitalized to receive effective care. Flu-related complications include: PneumoniaBronchitis or severe asthmaHeart problemsEar infectionsDeath Diagnosing Influenza Often, when influenza symptoms are mild and occur during flu season, your healthcare provider may make a diagnosis based on your medical history and symptom report alone. It's also possible to directly test for the presence of the influenza virus via a respiratory swab. Your doctor may collect a sample of fluid from your nasal passage, and this sample will be tested to determine whether you have the virus. The physician may order blood tests or X-rays if the severity of the infection indicates you may experience possible complications. If you fit into any of the above categories that have a higher risk for developing dangerous complications from influenza, it's important to contact a healthcare provider right away when you develop symptoms. If you experience any difficulty breathing, dizziness or chest pain, contact emergency services by dialing 911 immediately. Treatment for Influenza Unless you're at risk of developing flu-related complications, you can likely treat seasonal influenza at home under your doctor's guidance. Recommendations include: Drinking plenty of fluids and maintaining a healthy nutritional intakeGetting adequate restUsing over-the-counter pain and fever relief medicationsAvoiding close contact with others as much as possible until your fever has been gone for at least 24 hours without medication If you're at a higher risk of developing complications or if your symptoms increase in severity, your doctor may be able to give you certain antiviral medications to treat the flu. These medications are meant to shorten the duration of an infection. Because of the highly contagious nature of influenza, and its annual prevalence, it's very important to take precautions to help prevent the spread of this illness. Keep the following tips in mind, especially during flu season each year: Wash your hands frequently, especially after touching high-contact surfacesAvoid touching your eyes, nose and mouthKeep surfaces around your home and workspace clean and disinfectedBe mindful of crowds and avoid them whenever possibleMaintain distance from anyone who's ill or known to be infectedGet a flu shot every year Vaccinations, or flu shots, are available every year and are specifically developed to target the strains of influenza that are most likely to be dominant that year. The CDC recommends that every person over the age of 6 months receive a flu shot each year to effectively protect against influenza infection and its possible serious consequences. Vaccinations can take the form of an intramuscular injection or a nasal spray, and they work by causing your body to develop antibodies that can then recognize and fight off the influenza virus if you come into contact with it in the future. Flu vaccinations do not cause illness, and they're an effective tool for preventing the effects of influenza in individuals and communities. Talk with your healthcare provider about the appropriate type and timing of vaccination for you. Resource Links: MORE FROM SYMPTOMFIND.COM

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