

Common Flu Viral Infection can Attacks the Lungs, Nose and Throat

Enrique Chacon-Cruz*

Department of Pediatrics, Hospital General de Tijuana, Baja-California, Mexico

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year. The flu attacks the lungs, nose and throat. Young children, older adults, pregnant women and people with chronic disease or weak immune systems are at high risk. Flu is primarily treated with rest and fluid intake to allow the body to fight the infection on its own. Paracetamol may help cure the symptoms but NSAIDs should be avoided. An annual vaccine can help prevent the flu and limit its complications.

The common cold, including chest cold and head cold, and seasonal flu are caused by viruses. Use over-the-counter cold medications to relieve symptoms including sore throat, runny nose, congestion, and cough. Flu symptoms are similar, but include fever, headache and muscle soreness. See a doctor who may prescribe antiviral medications Relenza or Tamiflu. Influenza, commonly called "the flu", is an infectious disease caused by influenza viruses. Symptoms range from mild to severe and commonly include fever, runny nose, sore throat, muscle pain, headache, coughing, and fatigue. These symptoms typically begin one to four days after exposure to the virus and last for about two to eight days. Diarrhea and vomiting can occur, most commonly in children. Influenza may progress to pneumonia, which can be caused by the primary viral infection or by a secondary bacterial infection. Other complications of infection include acute respiratory distress syndrome, meningitis,

encephalitis, and worsening of pre-existing health problems such as asthma and cardiovascular disease.

There are four types of influenza virus, termed influenza viruses A, B, C, and D. Aquatic birds are the primary reservoir of Influenza A virus, which is also widespread in various mammals, including humans and pigs. Influenza B virus, and Influenza C virus, primarily infect humans, and Influenza D virus, is found in cattle and pigs. IAV and IBV circulate in humans and cause seasonal epidemics, and IAV causes a mild infection, primarily in children. IDV can infect humans but is not known to cause illness. In humans, influenza viruses are primarily transmitted through respiratory droplets produced from coughing and sneezing. Transmission through aerosols and intermediate objects and surfaces contaminated by the virus can also occur.

Frequent hand washing and covering one's mouth and nose when coughing and sneezing reduce transmission. Annual vaccination can help to provide protection against influenza. Influenza viruses, particularly IAV, evolve quickly, so flu vaccines are updated regularly to match which influenza strains are in circulation. Vaccines currently in use provide protection against IAV subtypes H1N1 and H3N2 and one or two IBV subtypes. Influenza infection is diagnosed with laboratory methods such as rapid antibody or antigen tests and a polymerase chain reaction to identify viral nucleic acid. The disease can be treated with supportive measures and, in severe cases, with antiviral drugs such as Oseltamivir. In healthy individuals, influenza is typically self-limiting and rarely fatal, but it can be deadly in high risk groups.

Correspondence: Enrique Chacon-Cruz, Department of Pediatrics, Hospital General de Tijuana, Baja-California, Mexico; Email: echacon88@hotmail.com

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