

The `Flu' (Influenza)

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Health Care Center, Tokyo University of Foreign Studies.
Yasuhiro Yamauchi, MD, PhD.

'Flu' (Influenza) is an acute infectious disease caused by influenza viruses (type A and B).

Influenza viruses include "droplet infection" by inhaling viruses contained in coughs and sneezes, and "contact infection" by touching the mouth and nose with virus contaminated hands.

The incubation period of influenza is from 1 to 3 days. Symptoms such as high fever (over 38 degrees), headache, joint pain, muscle pain, and fatigue appear relatively rapidly. Symptoms such as sore throat, runny nose and cough are also seen in the same way as normal cold. Although it is rare, it may become severe with acute encephalitis or pneumonia.

If you have some suspicious symptoms of the flu, as mentioned above, please try to see a medical institution as soon as possible.

As preventive measures against influenza, ① washing hands frequently ② keeping disciplined life and adequate rest, balanced diet and proper hydration ③ keeping cough etiquette ④ maintaining moderate humidification (humidity 50-60%) and ventilation ⑤ and most important is vaccination.

In general, influenza is often prevalent from December to March, but this year, the start of the influenza epidemic is reported from late September in Tokyo, so early attention is required.

If you have any questions, please contact or visit Health Care Center, TUFS.

