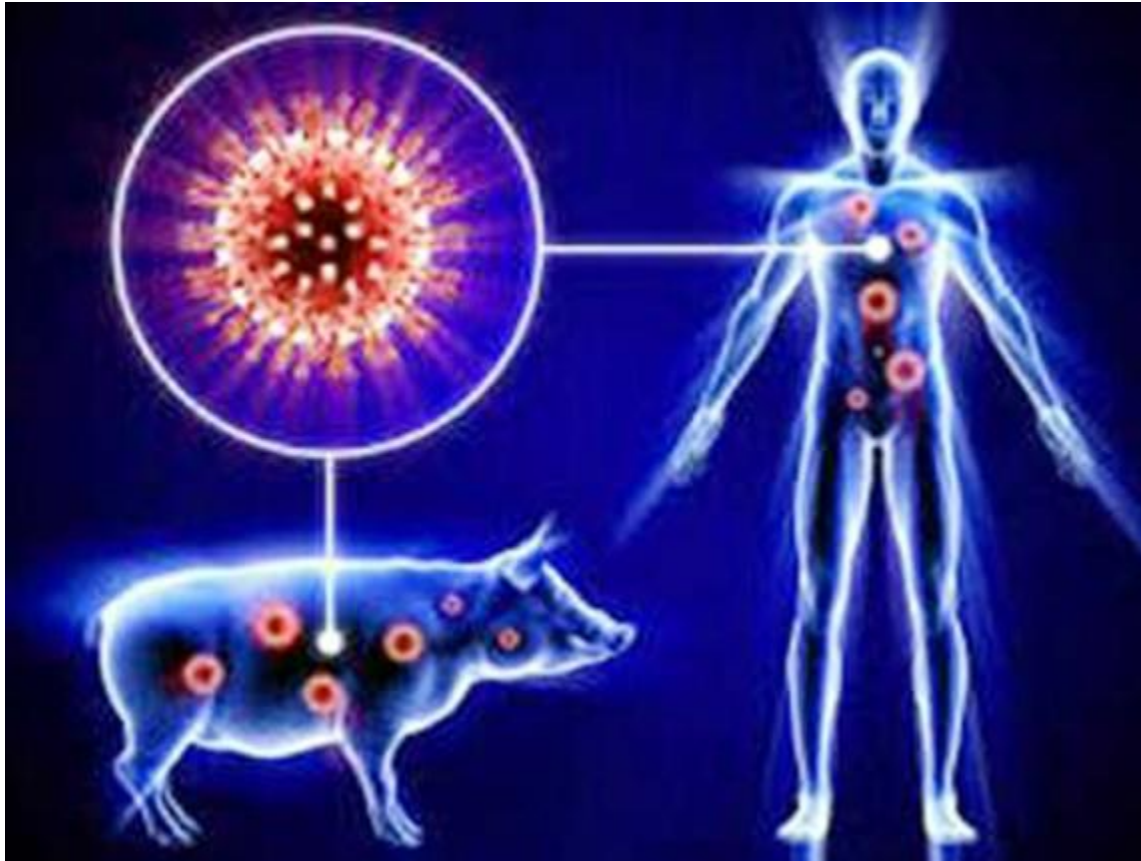


Swine Flu: the deadly influenza

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Swine influenza or normally known as swine flu is a viral disease which mainly targets the respiratory system of an animal. This flu is also known as pig flu as it is endemic in pig. The term endemic means, something located only in a specific location or any specific animal. So this virus is transmitted only to pig. But the very bad news is that in 2009 in Mexico, it had first transmitted to human. Thus it is sometime called Mexican flu and scientifically recognized as one of the Zoonotic Flus. Zoonotic Flus are those which can transmit to human from other animals. As the flu spreads to the other countries of the world, it was officially declared “Pandemic Flu” by WHO (World health Organization) on August, 2010.

The strain of this flu is H1N1. Basically it is a type of influenza. In 2009-2010 this type of flu killed more than 4000 of population in the United States and other parts of the world. That’s why it is called Pandemic flu.

There are many ways to spread out this virus. First, the people who have a frequent contact with pigs, affected by swine flu are in the major risk of transmission. In second, and the most common way to reach the unaffected people, is the contact of people with swine flu virus. It is badly contagious virus which spreads by the cough or the sneeze of the people affected by this flu. It is

because these spread very tiny virus by the mucus of the victims.

There are some symptom by which swine flu can be detected. First of all the patient will suddenly feel a very high fever which is more than 104 degree F (38 degree Celsius), then the joint pain with headache and blocked nose. But in the serious case it may cause the pneumonia or respiratory failure. Without these the dizziness, vomiting, breathing problems and abdominal pain can be detected.

The best way to prevent the flu is vaccination. But if someone is affected by this flu then what should do? It is recommended to take full rest at home and drink plenty amount of water for avoiding the dehydration. For relieve pain paracetamol and ibuprofen can be taken. And as it is a viral flu antiviral are used to treat it and antibacterial are also used to stop the bacterial infections. But a patient should be very careful about the antiviral or antibacterial. It is highly recommended not to take any antimicrobial without the permission of doctors or professional pharmacists.

Very recently one of our neighbor countries India is facing a bad incidence with this flu. Till March 14, the flu has taken lives of more than 1,700 people and about 29,500 people have been infected by this disease in that country. So it is the high time for us to take precautions against Swine flu as this disease is not so far from us.

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