



## Review of Ebola Virus in Africa

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### Introduction

The flu is a respiratory infection that can damage the stomach, nose, bronchi, and lungs in some cases. Influenza viruses come in a range of sizes and forms, and they evolve year after year. The flu is, for the most part, a mild inconvenience that goes away in a few days. Influenza can cause health issues, hospital visits, and even death in certain people. According to the World Health Organization, the flu affects 5 to 10% of adults and 20 to 30% of children worldwide each year, with 3 to 5 million severe cases resulting in 250,000 to 500,000 deaths. The 2017-2018 flu season in the United States resulted in an estimated 80,000 deaths and 900,000 hospitalizations, according to the Centers for Disease Control and Prevention, making it the worst flu season in at least four decades (CDC).

### History

According to the Douglas Harper Etymology Dictionary, "influenza" literally means "influence," a phrase that Italians have used for illnesses since at least the 1500s because they, like others at the time, believed that celebrities had an impact on their wellbeing. The flu has caused many global pandemics throughout history [1]. The "Grease" pandemic of 1918–1919, for example, was called "The Grease" [2].

A new strain of H1N1 influenza appeared in 2009 and 2010, resulting in a pandemic. This virus is also known as "swine flu" because it is similar to a virus found in pigs (not because it can be contracted from pigs or by eating pork) [3].

### Causes

The three main influenza virus strains that cause illness in humans are A, B, and C. According to the Centers for Disease Control and Prevention (CDC), influenza A and B viruses cause seasonal epidemics in the United States almost every winter, while influenza C causes only mild respiratory symptoms and is not thought to cause epidemics [4]. The influenza A virus is divided into subtypes, and the influenza B virus is divided into subtypes as well.

### Symptoms

Although it can be difficult to tell the difference between a cold and the flu, flu symptoms are usually more extreme than cold symptoms, according to the CDC. Fever is common in people who have the flu, but it is uncommon in people who have colds. Here are some additional flu signs and symptoms to be aware of.

- aching muscles, especially in the back, arms, and legs
- fever, chills and shivering.

### Treatment

Most people infected with influenza recover in one to two weeks without requiring medical treatment, according to the WHO. "It is really important for those diagnosed with influenza to take care of themselves, give themselves enough time, enough fluids, and enough rest to fully recover," said Dr. Susan Donelan, medical director of health care epidemiology at Stony Brook University in New York.

Over-the-counter pain relievers such as ibuprofen (Advil, Motrin) and aspirin may help reduce fevers and alleviate aches and pains when you're sick with the flu. While decongestant drops and cough syrups can help alleviate symptoms, always consult a doctor before offering over-the-counter drugs to children.

### References

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