



Recommendations for the Prevention of Influenza

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In order not to get the flu, you need to get vaccinated in a timely manner, try not to contact people who have signs of the disease, and less often be in crowded places.

It is recommended to wear a protective mask in crowded areas and wash your hands thoroughly with soap and water, especially after going outside or traveling on public transport. Since influenza is a contagious disease and is transmitted by airborne droplets, it is necessary to wash the nasal cavity upon returning home.

To protect yourself from the disease and at home, doctors advised to regularly ventilate the room, do it wet cleaning and maintain the necessary humidity. The Department noted that a healthy lifestyle, an established sleep regime, sports and a balanced diet are also necessary ways to prevent the disease.

Earlier, the head of Rospotrebnadzor (Russia) Anna Popova said that the incidence of influenza in Russia has decreased 196 times since 1996, when the country received vaccination. The Department added that this is the most reliable way to protect against the disease. The Ministry of health (Russia), in turn, announced the introduction this year of the most modern, four-valent, influenza vaccine from Russian manufacturers.

More than 50% of Russians reported refusing to get vaccinated against the flu this year. More than half of the surveyed residents of Russia do not plan to get a flu shot this year. The refusal was declared by 58% of respondents to the survey of the all-Russia centre of studying of public opinion (VTSIOM).

The majority of respondents who refused vaccination are men-61%, residents of cities-millionaires and respondents aged 45 to 59 years-65 and 64%, respectively. 29% of Russians argued refusal that they are happy with their health and without vaccination, and doubt in the effectiveness of vaccinations expressed 23%. Every fifth Russian is convinced that vaccination will cause negative con-

sequences for the body and immunity, and every tenth declared distrust of vaccines, including due to ignorance of what drug will be administered.

Kirill Rodin, Director for work with public authorities of VTSIOM (sociological survey in Russia), noted that the data obtained should be considered taking into account two factors. First, not all declared their willingness to vaccinate actually do. Secondly, large companies often vaccinate employees, which often passes the majority of staff, so the resulting figure may be higher than predicted.

The onset of the autumn-spring season every year provokes the appearance of a large number of persons who have fallen ill with viral infections in the form of ARI. The most unpleasant diagnosis – flu, which put almost every second in the period of rampant such infection. Every year the virus mutates and requires new vaccines, new treatment. Attitude to vaccinations among the population the Last decade gave the world "bird" and "swine" flu, from which dozens of people died. The authorities after these cases began to appeal to the population with recommendations to get a flu shot, but such calls do not always meet with approval and support. Opinions were divided: someone categorically refuses to be vaccinated, someone first takes a turn to the medical office. Influenza vaccination is performed during exacerbations of respiratory diseases. Any vaccine, including the flu vaccine is a special composition in which there are killed or severely weakened pathogens. The change in health after vaccination is explained by the fact that the body begins to fight the infection introduced, producing antibodies against it. The complexity of developing an influenza vaccine is explained by the fact that the virus of this disease is mutated over time. As a result, the new strains can be so different from the original that it can be considered as a different form of influenza. The downside is that vaccination against one strain does not protect against the disease of another, so the risk of Contracting another strain increases significantly. Who needs to be vaccinated Refusal to vaccinate against

influenza-it is purely voluntary. Except for those situations when a person has to communicate with a large number of people (including children) at work, to monitor the state of hygiene in the workplace or the quality of his activities depends on the safety of others. With a high temperature, a feeling of confusion and General weakness, it is difficult to perform professional duties at the proper level. When a flu shot is prescribed, contraindications of an individual nature can cause rejection of it. Therefore, we will try to analyze who is strongly recommended to receive such a vaccine. The list of persons to be vaccinated necessarily includes the following categories of workers: Performing their work duties in places with an unfavorable epidemiological situation; Employees of shelters for homeless and infected animals; Working in the field of public services (sewage treatment, laying of communications, garbage removal and disposal, etc.); Medical workers, especially those dealing with human biomaterials; Employees of the education system, starting with DOE. A Variety of horror stories about heartbroken parents who lost their children after visiting the vaccination office, can be found all over the Internet. Even if some of these cases took place, it does not mean that everything is so bad. Complications after vaccination can be, if at that time the person already had health problems. If a flu shot is prescribed, the contraindications listed below may allow you to officially not do it. Not everyone should be vaccinated. Below are the situations in which it is appropriate to refuse a flu shot (even if it is temporary): the presence of an allergic reaction to egg white or a sample of the vaccine.

Exacerbation of chronic disease. Recently transferred SARS (no more than 2 weeks ago). Body temperature above 37 degrees. Deterioration of the General condition after previous vaccinations. The listed reasons are officially approved in case the visitor of medical institution decides to issue refusal of vaccination against flu. If you do not work in areas where employees must necessarily undergo this procedure, the employer has no right to require you to be vaccinated, nor to dismiss in case of refusal. A flu shot to an adult in case of refusal is not a basis for termination of the employment contract. Refusal can lead to dismissal when it is stipulated by special requirements. Influenza vaccination for children is done with the knowledge and consent of their parents, on the recommendation of a responsible medical professional. If he identifies at least one of these contraindications, the medical record of the child is put the appropriate mark on the failure to vaccinate and the reason for refusing vaccination. When the child gets better, it can be taken to the vaccination room, where the flu vaccination will be made. Why vaccination is needed people tend to view events in life through the prism of how it affects them personally. A person

spends a certain part of his life at work. No matter how much he likes it, he must perform his functional duties and ensure order in the workplace. If you are a creative person who does not recognize conventions and restrictions, your best workplace is in your own home, without bosses and abras. But even in such circumstances, there is no guarantee that you will not get something like a banal flu. If the work is in dispute in the hands, literally burning, to abandon your favorite occupation because of the disease there is no desire. If the work is not particularly loved, still no one cancels your function. Even if you take a break for five or seven days, during your absence, a lot of unresolved problems will accumulate. The danger of influenza in children's and other educational institutions sniffing, talking in the nose of students and teachers-it is not only aesthetic, but also dangerous to the health of others. Especially if someone in the team is undergoing medical procedures or has recently recovered from an exacerbation of a chronic sore. Or among colleagues there are pregnant employees in the early stages, for whom the flu is like a sentence to an unborn child. And you are unlikely to like it if at the time of the next emergency with a temperature and a runny nose someone from your loved ones falls, and you have to watch it at night. It is especially difficult with children, they become capricious, constantly demand attention, sleep badly. If the child sweats heavily in his sleep during the illness, it should be constantly dressed in dry, so as not to become even worse.

Despite such obvious reasons of a purely selfish nature, some people believe that the flu vaccine is a hidden evil. Many people believe that modern medicine and pharmacology have become a kind of business, actively imposing expensive drugs and treatment regimens. Therefore, when doctors recommend clinics to vaccinate, their words are perceived with hostility, they say, again begin to impose procedures. Despite the fact that the flu shot is free. Another reason is the prevailing opinion even among medical professionals that vaccinations suppress natural immunity, and after such a procedure, you can get sick with other "sores" that are worse. Fuel to the fire is added by media reports about a sharp deterioration in the health of patients after vaccination, up to a fatal outcome. It is necessary to understand that getting vaccinated is voluntary, and citizens are not obliged to blindly follow the orders of state institutions. Refusing a flu shot can have certain consequences: moral and legal. Moral: refusing to undergo the vaccination procedure, you can get sick and infect the rest of your family. The legal consequences look more unpleasant: a Ban on travel to countries where there is currently an unfavorable epidemiological situation. To visit such places, a mark on obtaining the appropriate vaccination is required. Refusal to admit an unvaccinated citizen to state health or

educational institutions if the application deadline coincides with the period of seasonal flu outbreaks. This may be due to a potential or existing risk of mass illness. Possible refusal to take a job at a position associated with constant contact with pathogens of dangerous diseases: laboratories, recycling facilities. Refusal to receive a flu shot is made out in an official manner with the writing of an appropriate application addressed to the head of the relevant institution. For example, if you do not want children to get a flu shot without your knowledge at school, you should write an application with a couple of legal justifications. Include in the document medical justification should be in the event that you have on hand the conclusion of the attending physician with the signature and seal of the medical institution. For example, about intolerance to the vaccine or the presence of an allergic reaction to egg protein products.

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