

Prevent Respiratory Infections in the Winter

The winter air temperature drops quickly and the climate is dry, both of which affect the human respiratory tract. Winter becomes a season with a high incidence of respiratory tract infections.

According to statistics from 2014 to 2016 by the CDC department, during December to February of the following year, there is a significant increase in influenza -like clusters of cases. School is a place where crowds gather and there is close contact between people. Schools need to strengthen their prevention programs to prevent the spread of flu, measles, rubella, mumps, chicken pox, tuberculosis, and respiratory tract infectious diseases. As the end of the semester approaches, please do the following:

1、 Develop good personal hygiene habits.

Pay attention to personal hygiene. Before meals or after arriving home or using the toilet, wash your hands well with soap and water; Cover your nose and mouth when coughing or sneezing to avoid infecting others. Spit into a tissue, not on the ground or in public places. For good hygiene at home, wash and dry clothes and bedding often. Keep the rooms well ventilated.

2、 Improve the sanitation of public spaces.

During the epidemic season, good air circulation should be provided in public places, such as classrooms and libraries. Air ventilation should be done twice a day, at least 20 minutes each time. Keep the environment clean and sanitized. Remove garbage

and standing water to eliminate breeding grounds for pests.

3、 Improve the body's resistance to disease.

First, dress appropriately for the weather. Protect yourself from rain or cold by wearing coats and using an umbrella. Second, keep physically active, including outdoor exercises, such as morning exercise, jogging, qigong, walking, swimming, taijiquan, to improve the overall health of the body. Third, eat a balanced diet paying attention to good nutrition, get adequate sleep. Good physical health will improve your resistance to infection.

4、 Increase your awareness of infection prevention.

Minimize activities in public places where people gather. Avoid direct contact with people that have a respiratory tract infection, as much as possible. When the temperature changes, go out with a mask when possible, to avoid respiratory irritation. An influenza vaccine can be given to prevent the disease and it is important to be given to those with weaker immune systems.

5、 Treat an illness early.

Teachers and students who have symptoms of a respiratory tract infection should go to the school hospital in time for treatment and to prevent further complications. School hospitals should improve their system of providing the initial consultation for patients, offer medical treatment promptly, and carefully observe close contacts of those infected, to prevent the occurrence of an influenza-like cluster epidemic.

Prevention is the key to control seasonal influenza

Influenza is the acute respiratory tract infectious disease caused by the influenza virus, mainly disseminated through the respiratory tract. Schools, nurseries, and other densely populated areas are prone to outbreak cluster epidemics. Seasonal influenza has an acute onset and symptoms including persistent high fever, chills, headache, muscle soreness and general fatigue. The course of the illness lasts for 1-2 weeks and may be complicated with pneumonia, meningitis, myocarditis, etc., which may be life-threatening in severe cases. The trend peaks in late July.

For seasonal influenza prevention, do the following:

1、 Get vaccinated every year. Vaccination is the most important and effective means to prevent the occurrence of influenza. The best time of year for a vaccination is September to November. The elderly with basic diseases and children with weak resistance are the key groups to get vaccinated.

2、 Develop healthy habits. Wash your hands frequently, with soap and running water and dry with a clean towel or use hand sanitizer. Cover your nose and mouth with a handkerchief or tissue when sneezing or coughing to prevent droplets from contaminating others.

3、 Pay attention to environmental hygiene. Open the window several times every day to keep the indoor air fresh. At the peak of influenza, avoid crowds and places with high air pollution levels.

4、 Seek medical advice when sick. When you have a headache, fever and other symptoms, you should wear a good mask, be timely

to seek medical help, and avoid infecting others, to prevent the spread of the disease.

