

With the threat of possible epidemic of flu (and the end of October and at the beginning of November) we remind our students of basic methods of prophylaxis of the disease.

Especially effective, in a period of increase the morbidity by a flu, specialists mark such methods of prophylaxis:

- a valuable feed with including of vitamins in a natural kind;

- tempering of the organism;

- frequent ventilation of apartments.

High-efficiency recommendations of general sanitary-hygenic direction, in particular:

Be carefully: epidemic of flu!

Last Updated Wednesday, 03 November 2010 23:55

- often to wash hands with soap, especially after attendance of the employments at the university;

- to cover a nose and a mouth by a handkerchief (or by non-permanent serviettes), especially at a cough and sneeze;

- widely apply facilities of folk medicine, homoeopathic preparations (make from plants, extracts of the dried up plants and insects)

,
oksolin
ointment.

On what is it necessary to pay attention?

A disease of flu mostly begins sharply, from the displays of general intoxication (a chill, headache, pain in the eyes). A patient is disturbed general weakness, dull ache in small of the back, sacrum, joints, muscular pain, sleep is violated. The type of person sick comes into a notice: puffiness, brilliant eyes, - on the whole it reminds the face of tear-stained child.

A latent period at a flu hesitates from a few hours to 3 days. Mostly a dry cough appears on the

second time of illness, begins to disturb a stethalgia. On 3-5 days a cough is softened, the negligible quantity of mucus mokrotinnya appears. The nasal breathing is broken through the edema of mucus shell. Already at first o'clock the temperature of body can arrive at 39-40°s, contained at such level 2-3 days. However, if in future a fever proceeds or develops it the second wave (on the whole lasts longer 5-7 days), it testifies to development of bacterial complications.

Treatment of the flu is a thorny problem, that is why a doctor must determine him. There is no needed to make self-treatments, it is dangerous! With appearance of the marked symptoms it is necessary at once to appeal to the first-aid post (corps of the physical training) or to the polyclinic which is situated before the tram-car stop «Polytechnic university». At timely and correct treatment illness ends with comparatively rapid and complete convalescence.

One should bear in mind that in strengthening of immunity an important role is played a psychological constituent. Depression, negative emotions, displeasure, despondence, - being in such state, a man «attracts» to itself illnesses. Therefore an important role in a fight against illnesses, in particular, with a flu is played the psychological state and heartfelt equilibrium, feeling of harmony and good mood.

Wish Good Health And Happiness!