E CONF SERIES

International Conference on Modern Science and Scientific Studies
Hosted online from Madrid, Spain
Website: econfseries.com 20th December, 2024

MAIN ASPECTS OF FLU PREVENTION IN MODERN CONDITIONS FLU PREVENTION AMONG MEDICAL UNIVERSITY STUDENTS

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Influenza is a massive viral infection that can affect anyone, outbreaks of which are more common in winter and early spring. The causative agent of influenza is a virus that passes from infected people into the nasopharynx of others. The influenza virus has a pronounced ability to vary its antigenic structure, so the diagnosis of "influenza" can be made repeatedly during the life of each person.

Relevance: Acute respiratory viral infections (ARVI) are an etiologically heterogeneous group of infectious diseases of the respiratory tract. Every year, according to WHO (World Health Organization), every adult on average gets sick with an acute respiratory infection 2 to 4 times a year.

Purpose: to evaluate methods of preventing influenza among TMA students, to evaluate the level of vaccination among students, to determine the most popular methods of nonspecific prevention.

Results: The survey results showed that almost all students classified influenza as a dangerous (82.6%) infectious disease. In this regard, the majority of students consider it necessary to carry out specific prevention of influenza (82.6%). In 2022 Less than 1/4 of students were vaccinated against flu. 9.4% of students did not indicate the reason. Much less often, students use such prevention methods as daily wet cleaning and wearing a mask in crowded places.

Conclusion: ARVIs are an etiologically heterogeneous group of respiratory tract infectious diseases that have similar development mechanisms, epidemiological and clinical characteristics. This group of diseases is characterized by high

contagiousness, rapid spread, and a significant number of complications, especially among people at risk. According to data provided by WHO, it was thanks to mass vaccination that it was possible to reduce the intensity of influenza epidemics throughout the world. The modern vaccine can protect about 80% of both adults and children from influenza. Nonspecific prevention of influenza and ARVI is a set of general measures, including: room ventilation, good nutrition, use of masks, hand washing, taking medications that affect the influenza virus. In conclusion, I would like to emphasize that timely and effective prevention of influenza and ARVI should be comprehensive and include both specific and nonspecific measures. The global task of society and the state is to introduce as many aspects related to a healthy lifestyle into educational standards as possible.

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