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## Nasal spray flu vaccine vs injection

In a typical year, the flu season occurs from autumn to early spring, and with it comes sniffing, sneezing, coughing, fatigue and all the family traps of the flu. The severity of the disease varies by person, but the COVID-19 pandemic gives a new urgency to protect ourselves, while both viruses increase in the coming months. Flu vaccines are always important, but they are even more important this year to protect the population, and especially vulnerable groups, from getting the flu, while COVID-19 remains a threat. The common cold and flu may look similar at first. Both are respiratory diseases and can cause similar symptoms. But different viruses cause these two conditions. Symptoms can help you differentiate between them. Both cold and flu share some common symptoms. People with either disease often experience: scarring or nasneez congested general fatigueAs a rule, flu symptoms are more severe than cold symptoms. Another clear difference between the two is how serious they are. Colds rarely cause other health conditions or problems. However, the flu can cause: sinusia infectionspsipneumonias if symptoms are severe, you may want to confirm a diagnosis of cold or flu. Your doctor will perform tests that can help determine what's behind your symptoms. During the COVID-19 epidemic, call ahead for protocol about visiting a doctor in person or having an online visit. Cold and flu symptoms should also be treated with care due to their overlap with COVID-19 symptoms. If your doctor diagnoses a cold, you'll only need to treat your symptoms until the virus has reached its course. These treatments may include: For the flu, taking flu medications early in the virus cycle can help reduce the severity of the disease and shorten the time you're sick. Rest and hydration are also beneficial for people with the flu. Like the common cold, the flu often only needs time to make its way through your body. Symptoms of COVID-19, flu and allergies have some overlap, but are often different. The main symptoms of COVID-19 are: tiredness of breathingNo typical. Flu symptoms are similar to COVID-19, including fever and body aches. However, you may not find shortness of breath as a symptom of the flu. Allergy symptoms are often more chronic and include sneezing, coughing and wheezing. Here are some common flu symptoms: FeverThe flu almost always causes an increase in body temperature. This is also known as a fever. Most fevers flu ranges from a low-grade fever around 100 oF (37.8 oC) to 104 oF (40 oC). Although alarming, it's not uncommon for young children to have higher fevers than adults. If you suspect your child has the flu, talk to your doctor. You may feel fever when you have a high temperature. Signs include chills, sweats, or being cold despite high body temperature. Most fevers last less than 1 week, usually around 3 to 4 days. CoughA dry, dry, coughing is common with the flu. Coughing can get worse, become uncomfortable and painful. Sometimes you may experience shortness of breath or chest discomfort during this time. Many flu-related coughs can last about 2 weeks. Muscle aches Laffu-related muscle aches are more common in the neck, back, arms and legs. They can often be serious, making it difficult to move even when trying to perform basic tasks. HeadacheUs your first flu symptom can be an intense headache. Sometimes symptoms, such as sensitivity to light and sound, go along with a headache. Fatigue Tired eling is a not-so-obvious symptom of the flu. Feeling generally unwell can be a sign of many conditions. These feelings of tiredness and fatigue can come quickly and be hard to overcome. Learn more about recognizing flu symptoms. Influenza is a serious virus that causes many diseases each year. You don't have to be young or have a compromised immune system to seriously get sick from the flu. Healthy people can get sick from the flu and spread to friends and family. In some cases, the flu can even be fatal. Flu-related deaths are more common in people age 65 and older, but can be seen in children and young adults. The best and most efficient way to avoid the flu and prevent the spread is to get vaccinated against the flu. The flu vaccine is available in the following forms: injectable injection of injectable vaccines (for those over 65)intradermal shotnasal sprayThe more people who are vaccinated against the flu, the less the flu can be spread. It also helps with herd immunity, helping to protect those who cannot receive the vaccine for medical reasons. Vaccination can also help decrease the severity of the disease if you end up getting the flu. How does the flu vaccine work? To make the vaccine, scientists select the strains of the flu virus that research suggests will be the most common in the upcoming flu season. Millions of vaccines are produced and distributed with these strains. Once you receive the vaccine, your body begins to produce antibodies against those strains of the virus. These antibodies provide protection against the virus. If you come into contact with the flu virus at a later time, you can avoid getting it. You may get sick if you end up coming into contact with a different strain of the virus. But your symptoms will be less severe because you got vaccinated. Who should be vaccinated against the flu? Doctors recommend that everyone over the age of 6 receive the flu shot. This is especially true for people in high-risk categories such as: pregnant women children under 5 people under the age of 18 and who receive physicians over the age of 65 whose body mass index is 40 or higher by anyone who works or lives in a nursing home or chronic care care to any of Alaska's Native Indians with chronic diseases, most doctors also recommend that everyone get their flu shot by the end of October. This way your body has time to the right antibodies before flu season gets going. Even if you're not vaccinated against the flu before October 31, it's not too late. Even if you're okay in flu season, it's always helpful to get a flu shot. Antibodies take about 2 weeks against the flu after vaccination. The Centers for Disease Control and Prevention (CDC) believes that both influenza and the new coronavirus, COVID-19, will spread this year. Because of this, the vaccine will be more important than ever. Learn more about the importance of the flu vaccine. Side effects of the flu vaccineManchas report avoiding the flu vaccine every year for fear of getting sick. It's important to understand that the flu shot can't cause you to develop the flu. You're not going to get sick because you got the vaccine. Flu shots contain dead flu viruses. These strains are not strong enough to cause a disease. Like other injections, you may experience some side effects of the flu vaccine. These side effects are often mild and only last a short period of time. Side effects of an injection outweigh the possible symptoms of developing the flu later. The most common side effects of the flu vaccine include: pain around the injection site lower grade fever in the days immediately after injection pains and stiffnessCouple side effects that occur often only last a day or two. Many people will not experience side effects at all. Rarely, some people may have a severe allergic reaction to vaccination. If you've had an allergic reaction to any vaccines or medications before, talk to your doctor. Learn more about the possible side effects of the flu vaccine. Most people recover from the flu in about a week. But it can take several more days for you to sit back to your usual self. It's not uncommon to feel tired for several days after flu symptoms have subsided. It's important to stay home after school or work until you've been fever-free for at least 24 hours (and that's without taking medications to reduce fever). If you have the flu, it may happen to someone else one day before symptoms appear and up to 5-7 days later. If you have any cold or flu symptoms during the COVID-19 pandemic, you should isolate yourself while the test is done and continue to practice good hygiene such as: Most cases of influenza are mild enough that it can be treated at home without prescription medications. It's important to stay home and avoid contact with others when you notice flu symptoms. You should also: Drink plenty of fluids. This includes water, soup and low-sugar-flavored beverages. Treat symptoms such as headache and fever with over-the-counter medications. Wash your hands to prevent the virus from spreading to other surfaces or others in your home. Cover the cough and sneeze with tissues. Immediately discard those fabrics. Use a face cover when in public. If your symptoms get worse, call your doctor. They may prescribe an antiviral medicine. The sooner you take medicine, the more effective it is. You should start treatment within 48 hours of the time your symptoms begin. Contact your doctor as soon as symptoms appear if you're at high risk of flu-related complications. High-risk groups include: people with weakened immune systems who are pregnant or up to 2 weeks after postpartum people who have at least 65 years of age children under 5 years of age (particularly children under 2 years of age) people living in chronic care facilities or elderly people who have chronic diseases, such as people with heart or lung diseases who are of Native American descent (American Indian or Alaska Native) Your doctor may test the flu virus right away. They may also prescribe an antiviral medication to prevent complications. In the United States, the main flu season runs from October to March. Flu cases peak between December and February, according to the CDC. But you can get against the flu at any time of the year. You're more likely to get sick during the fall and winter months. This is because you're spending more time at close range with other people and you're also exposed to many different diseases. You're more likely to get the flu if you already have a different virus. This is because other infections can weaken your immune system and make you more vulnerable to new ones. Having the flu isn't fun. However, remedies for flu symptoms are available, and many of them provide great relief. Consider these treatments if you have flu: Painkillers. Painkillers such as acetaminophen and ibuprofen are often recommended to help relieve symptoms. These include muscle aches, headaches and fever. Decongestants. This type of medicine can help relieve nasal congestion and pressure in the sinuses and ears. Each type of decongestant can cause some side effects, so be sure to read the labels to find the one that's best for you. Expectorants. This type of medicine helps loosen thick sinus secretions that make the head feel clogged and cough. Cough suppressants. Coughing is a common symptom of the flu, and some medications can help relieve it. If you don't want to take medication, some cough drops use honey and lemon to relieve sore throat and cough. Warning: Children and adolescents should never take aspirin for any illness. This is due to the risk of a rare but deadly condition called Reye's syndrome. Be careful not to mix medicines. Use unnecessary medications could cause unwanted side effects. It is best to take medicines that apply to predominant symptoms. In the meantime, rest a lot. Your is fighting hard against the flu virus, so you need to give it a lot of downtime. Call sick, stay home and get better. Don't go to work or school with a fever. You should also drink plenty of fluids. Water, low-sugar sports drinks and soup can help keep you hydrated. Hot liquids like soup and tea have the added benefit of helping to relieve sore throats. Flu-related fever occurs in adults and can be severe. For many sudden high fever is the earliest symptom of the flu. It can also be a sign of COVID-19. Adults rarely have a fever unless they have a serious infection. The flu virus causes an abrupt high temperature that is higher than 100 oF (37.8 oC). Other viral infections, such as a cold, can cause low-grade fevers. Beyond this, children and adults share many of the same symptoms. Some people may experience one or more more symptoms than someone else. Each person will be different. The typical incubation period for influenza is 1 to 4 days. Incubation refers to the period during which the virus is in your body and in development. During this time, you may not show any symptoms of the virus. That doesn't mean you're not able to pass it on to someone else. Many people are able to transmit the virus to others one day before symptoms appear. The millions of small drops that occur when they sneeze, cough, or talk, spread the flu virus. These drops enter the body through the nose, mouth or eyes. You can also get the flu by touching a surface that has the virus and then touching your nose, mouth, or eyes. 24-hour flu (or gastroenteritis) is a common stomach infection that has nothing to do with the flu, despite sharing a name. 24-hour stomach flu is caused by a genus of virus called norovirus. Symptoms of norovirus include:diartheausevomitingstomach crampingThese symptoms occur in the gastrointestinal system. That's why 24-hour flu is sometimes called stomach flu. Although it's called a 24-hour flu, you may be sick for up to 3 days. Symptoms of flu and flu 24 hours a day (flu) are different. Flu is a respiratory disease. Symptoms of the flu respiratory system include:toserheadachesfeverunmy sore noseSome people with flu may experience nausea and vomiting while they are sick. But these symptoms are not as common in adults. If you have the flu, you're contagious, which means you can pass the flu on to others. Many people can spread the virus as soon as a day before they show symptoms. In other words, you may be transmitting the virus before you realize you're sick. You may continue to spread the virus 5 to 7 days after symptoms appear. Young children can often transmit the virus for more than 7 days after symptoms first appear. People who have a weak immune system may also experience symptoms of the virus for longer. If you have the flu or any flu symptoms, stay home. Do your part to prevent the spread of the virus to others. If you're diagnosed, alert anyone you've been in touch with the day symptoms appeared. Learn more about whether the flu is contagious. Flu (flu) is a common infectious virus that spreads from drops that enter someone else's body. From there, the virus entrenches and begins to develop. Every year, the flu spreads across the United States. A 2018 CDC study found that influenza affects 3 to 11 percent of Americans each year. These accounts people who have symptoms. Winter is the primary flu season, peaking in February. But you can get in the way at any time of the year. There are many strains of the flu. Doctors and researchers determine which strains of the virus will be most common each year. These strains are used to produce vaccines. A flu vaccine is one of the easiest and most effective ways to prevent the flu. Medications called antivirals can treat the flu. You can't buy these over-the-counter drugs at a pharmacy. They are available with a prescription only, and you should visit a doctor or health care provider to receive a prescription. Antiviral medications used to treat flu can help relieve symptoms. They can also shorten the duration of the flu by one or two days. Taking antiviral medications can help if you have the flu, but these medications also have side effects. Talk to your doctor to understand the risks. Research suggests that antiviral medications work best if you take them within 48 hours of symptoms. If you miss that window, don't worry. You may still see a benefit of taking the medicine later. This is especially true if you're at high risk or sick. Taking antiviral medications can help protect you from flu complications. These include pneumonia and other infections. Flu symptoms appear quickly. This sudden onset of symptoms is often the first hallmark of the flu. With similar conditions, such as a cold, it can take several days for symptoms to appear. Another common early symptom of the flu is the extent of the pain. People with the flu report feeling uncomfortable throughout their body as an early symptom. You may feel like you've been hit by a truck. Getting out of bed can be difficult and slow. This sensation can be an early symptom of the flu. After this, other flu symptoms may begin to appear, so it is obvious that you have the virus. Learn more about early flu symptoms. If not treated, a typical case of flu often goes away within about 1 week. During that time, you have several treatment options to make your symptoms easier to manage. Prescription antiviral medications can reduce the severity of the infection. They can also shorten their duration. Some over-the-counter treatments may also relieve symptoms. Some natural flu remedies may be helpful in relieving symptoms. For example, for a sore throat or cough, some options include: Of course, rest is also an important part of flu recovery, or any other type of virus. Your body is struggling hard to recover. It's wise for you to leave rest, rest and sleep more so your immune system can fight the virus. Over-the-counter medications can help relieve flu symptoms, but they don't treat it. If you have the flu and are looking for symptom relief, consider these medications:Decongestants. Nasal decongestants help break mucus in the sinuses. This allows you to ring your nose. Decongestants come in several forms, including nasal decongestants that are inhaled and oral decongestants (pills). Tos Tos Coughing, especially at night, is a common symptom of the flu. Over-the-counter cough medications can relieve or suppress a cough reflex. Cough drops or pills can soothe your sore throat and suppress a cough. Expectorants. This type of medicine can help you cough up your phlegm if you have a lot of mucus or chest congestion. OTC flu medications like NyQuil often contain several of these types of medications in a pill. If you take one of these combination medicines, avoid taking another medicine with it. This ensures that you do not take too much of any medication. Influenza is a virus that spreads in several ways. First, you can get the virus from someone close to you who has the flu and sneezes, coughs, or talks. The virus can also live on inanimate objects for 2 to 8 hours. If someone with the virus touched a common surface, such as a door handle or keyboard, and touches the same surface, they could get the virus. Once you have the virus in your hand, it can enter your body by touching your mouth, eyes or nose. You may receive a flu shot. An annual flu vaccine helps the body prepare for exposure to the virus. But flu viruses are changing and changing. That's why you need the flu shot every year, and especially while COVID-19 is still active. A flu vaccine helps you activate your immune system to produce antibodies against particular strains of the flu. Antibodies prevent infections. Flu can be contracted after receiving the flu vaccine if you came into contact with other strains of the virus. Even then, your symptoms are likely to be much less severe than if you hadn't received the vaccine at all. This is because different strains of influenza share common elements (called cross-protection), which means that the flu vaccine is also able to work against them. Learn more about the causes of the flu. Most doctor's offices carry the vaccine. You can also receive the vaccine atpharmacieswalk-in medical clinicspsais departments of healthAlgunos employers and schools also offer on-site flu vaccination clinics, although many are closed due to the COVID-19 pandemic. Those who are open will start promoting flu shots as flu season approaches. Some even offer incentives such as coupons to encourage you to receive your vaccine. If you can't find a flu vaccine provider, use a flu vaccine locator such as the vaccine finder. This website lists businesses, phone numbers and hours of operation. Every year, hundreds of thousands of children get sick with the flu. Some of these diseases are serious and require hospitalization, even result in death. Children who get the flu are often at higher risk than adults who get sick with the flu. For example, children under age 5 are more likely to need medical treatment for the flu. Severe flu complications are more common in children under 2 years of age. If your child has a chronic medical condition, such as asthma or diabetes, the flu may be worse. Talk to your doctor right away if your child has been exposed to the flu or flu symptoms. Call ahead for protocol around COVID-19 prevention. The best way to protect your children from the flu is with a flu shot. Vaccinate children every year. Doctors recommend flu shots for children 6 months and older. Some children between 6 months and 8 years may need two doses to protect themselves against the virus. If your child gets a vaccine for the first time, he'll likely need two doses. If your child only received one dose in the previous flu season, you may need two doses this flu season. Ask your child's doctor how many doses your child needs. Children under 6 months of age are too young for a flu shot. To protect them, make sure those around them are empused. This includes family members and health care providers. Suppliers.