

Health Awareness about the Causes of Influenza among the Youth in Riyadh City

BY

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Abstract: The current study investigated Health Awareness about the Causes of Influenza among the Youth in Riyadh City, The results were reached that: Influenza is a simple viral infection that spreads easily among humans. It attacks the common system. A person becomes infected through the nose and mouth and reaches the lungs. Its severity ranges from mild to severe, and it affects all age groups.

- It is divided into four main types, some of which infect humans, and others infect animals:
 - Influenza A virus and influenza B virus: They infect humans and are the causes of seasonal influenza infections that spread in the winter season.
 - Influenza C virus: infects humans, and is the cause of influenza infections throughout the year.
 - Influenza D virus: It infects livestock and cannot be transmitted to humans.
- There are subtypes of influenza A virus, and they differ according to the protein (H or N) that coats the virus, as there are 18 types of H protein and 11 types of N protein.

Transportation methods:

- Inhaling droplets flying in the air when an infected person sneezes or coughs.

- Touching surfaces contaminated with the virus; Then touch the eyes, mouth and nose.

The incubation period:

The incubation period for influenza is usually 2 days, but can vary from 1 to 4 days.

Infectious period:

It ranges from one day before symptoms appear to 5-7 days after, and this period can last for a longer period of time in children and people who suffer from immunodeficiency.

Symptoms:

- The body temperature rises more than 37.8 degrees Celsius, and some infected people may not have a high body temperature.
- Chills and sweating.
- headache.
- Persistent dry cough.
- Fatigue and exhaustion.
- Runny nose.
- sore throat.
- Muscle pain.

Risk factors:

- the age.
- The presence of chronic diseases.
- Weak immune system.
- Obesity.

Categories most at risk:

- Health workers.
- People with chronic diseases.
- children.
- the elderly.
- Pregnant women.

Keywords: Health - Influenza - Youth - Riyadh City.

Introduction:

Influenza is a contagious viral infection. It is common all over the world. Most people recover from it without treatment.

Influenza spreads easily between people when seizures or sneezing occur. Vaccination is the best way to cure the disease.

Chronic onset flu symptoms include fever, sore throat, body aches and fatigue.

Because they aim to treat side effects. To catch the flu, they should rest and drink plenty of fluids. Most patients recovered from the disease within a week.

Medical care may be needed for severe cases and people at risk.

There are 4 types of influenza virus: A, B, C, and D.

Influenza A and B viruses spread and cause seasonal epidemics of the disease.

Justification:

Evaluation of the importance of community health education regarding influenza.

Objectives of the Research:

Determine the degree of importance of adherence to prevention and vaccination.

Research Methods:

- Study design
- Cross –sectional analytic study prospective
- Study area: Riyadh City
- Sample size: 3000 sample in Riyadh Citycity
- Data collection: A structured questionnaire will be developed particularly for the purpose of this study in Arabic and also translated to English

Analysis Procedure:

The analysis was primarily descriptive in nature and will perform by using SPSS program for windows.

Ethical Consideration:

Permission will be taken. Data collection: Data collection will be (Arabic questionnaire).

Problem Statement:

Educating the community about the importance of influenza prevention will lead to a decrease in the spread of the disease.

Rational:

Some flu patients have a lack of awareness of the disease.

Research questions:

- What is the level of awareness of influenza in the community of Riyadh City?
- Does awareness of the long-term complications of the disease reduce their occurrence?

Hypotheses:

Awareness of the disease helps limit its spread.

Research timeframe									
Research Project	3								
Develop Research Proposal	■								
Ask for permission to access to Statistics		■	■						
Correspondent Statistics department		■	■						
Bring statistic from statistical department		■	■						
Administer instrument(s)				■		■		■	
Ongoing data collection and analysis				■	■	■	■	■	
Final collection of data								■	
Research Report									■

1 Month

Background:

Influenza is a simple viral infection that spreads easily among humans. It attacks the common system. A person becomes infected through the nose and mouth and reaches the lungs. Its severity ranges from mild to severe, and it affects all age groups. It is divided into four main types, some of which infect humans, and others infect animals:

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- the age.
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Categories most at risk:

- Health workers.
- People with chronic diseases.
- children.
- the elderly.
- Pregnant women.

When should you see a doctor?

Most people with influenza only need to rest at home, but when the severity of the illness increases and continues for more than two weeks, a doctor must be seen, as taking medications within the first 48 hours helps reduce the severity of the illness.

Complications:

The most common complication is pneumonia, a serious infection of the lungs that is more likely to occur in young children, people over 65 years of age, and those with other diseases (such as diabetes) or conditions that affect the heart or lungs.

They suffer from weak immunity.

- bronchitis.
- Inflammation of the sinuses and ears.

- People with asthma may experience asthma attacks during the flu.
- Myocarditis.
- Respiratory infection with the influenza virus can trigger a severe inflammatory response in the body and can lead to sepsis.
- Death.

Treatment:

Most people with influenza recover within one to two weeks without treatment. However, serious complications can occur. Treatment usually consists of rest and drinking plenty of fluids only, but in some cases the doctor may prescribe antiviral medications, as the medication does not eliminate the symptoms of influenza. But it can reduce the severity and duration of symptoms by about one day, and fever, headache, and muscle pain can be relieved using analgesics and fever reducers.

It is worth noting that cough medicines are usually not useful; The cough usually goes away without treatment, so cough or cold medications are not recommended for children under 6 years of age, but warm liquids are sufficient. As for antibiotics, they are not useful in treating viral diseases (such as influenza), but they are only used in the case of bacterial complications of influenza (such as : bacterial pneumonia, ear infection, or sinusitis).

Protection:

Make sure to get the seasonal influenza vaccine annually, as it is the most effective way to reduce the chance of infection.

Wash hands well and regularly with soap and water.

Avoid touching the eyes or mouth immediately after touching surfaces.

Avoid direct contact with the infected person and sharing tools.

Use a tissue when sneezing and coughing and dispose of it immediately.

Make sure to clean surfaces regularly (such as tables and chairs).

Avoid crowded places.

Key Facts:

- About 1 billion cases of seasonal influenza occur annually, including 3-5 million cases of severe illness.
- Seasonal influenza causes 290,000 to 650,000 respiratory-related deaths annually.
- Developing countries account for ninety-nine percent of deaths in children under five years of age with influenza-associated lower respiratory tract infections.
- Symptoms begin 1-4 days after infection, and usually last about a week.

A Saudi study among HCWs reported that at least 67% of them were vaccinated [19]. Most HCWs (84%) had a strong belief that the influenza vaccine helped to prevent influenza, with 75% believing they were more susceptible to these infections than other vulnerable groups; however, many respondents had concerns regarding the vaccine's safety, which was seen as the main barrier to vaccination . Almost 42% of HCWs expressed the misconception that the vaccine contributed to influenza infection, with most displaying incorrect perceptions regarding the symptoms and signs of the condition .

Another cross-sectional study involving 312 primary HCWs in Saudi Arabia showed that 45.5% of participants were vaccinated. Around one-third and a quarter of participants were found to show a lack of knowledge about influenza and the influenza vaccine, respectively. Participants' awareness of their risk of infection and their need for protection was the main motivator (77.5%), while the fear of adverse effects was the main barrier to their receiving a vaccination (40%).

Methodology:

A cross-sectional web survey was introduced to the residents of Riyadh Cityregion.

The questionnaire contain sections focused on participants' socio-demographic, different.

Results:

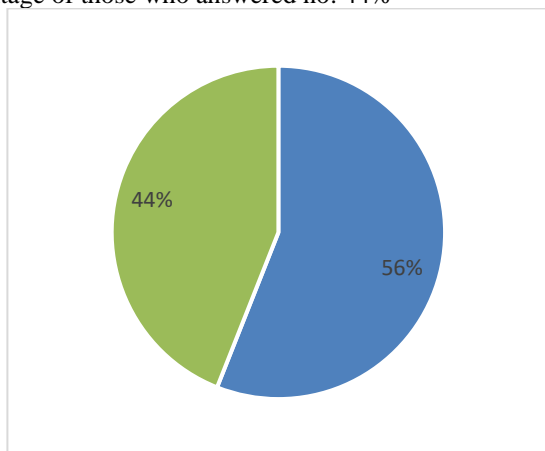
A total of 3000 questionnaires were completed:

The first question in the questionnaire:

Do you think you don't need a flu vaccine every year?

Percentage of those who answered yes: 56%

Percentage of those who answered no: 44%



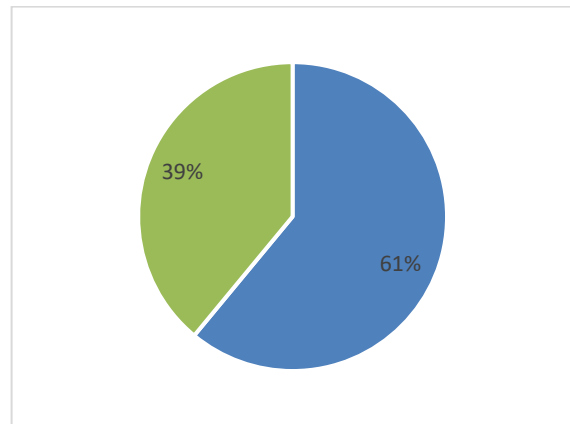
We recommend making the community aware that everyone 6 months and older should receive the vaccine every year.

The second question in the questionnaire:

Can receiving the vaccine give you the flu?

Percentage of those who answered yes: 61%

Percentage of those who answered no: 39%



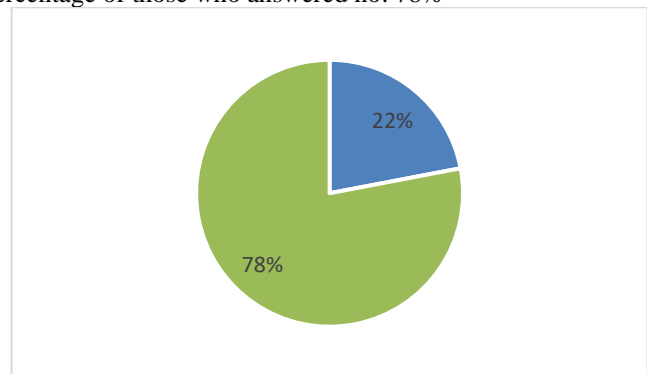
We recommend educating the community that it is possible for the body to have a temporary response to the vaccination, represented by some pain or fever.

The third question in the questionnaire:

Should pregnant women get flu vaccines?

Percentage of those who answered yes: 22%

Percentage of those who answered no: 78%



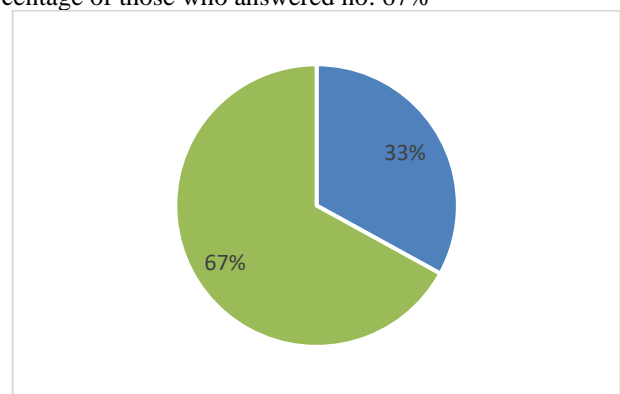
We recommend educating the community that pregnant women should receive the vaccine because they are more susceptible to infection.

Fourth question in the questionnaire:

Is the flu vaccine 100% effective?

Percentage of those who answered yes: 33%

Percentage of those who answered no: 67%



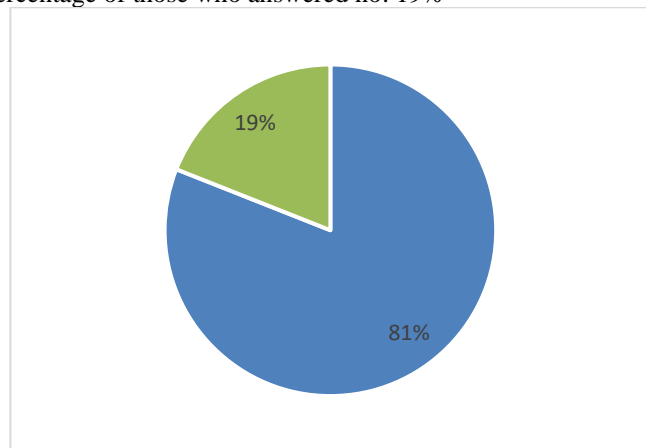
We recommend educating the community that the influenza vaccine is between 60-65% effective.

The fifth question in the questionnaire:

Do you think that only people with symptoms transmit the flu?

Percentage of those who answered yes: 81%

Percentage of those who answered no: 19%



We recommend that society be made aware that even people who do not show symptoms transmit the infection.

Conclusion:

Our survey found that respondents were generally knowledgeable about the Influenza, with the exception of some information that had not yet been made public.

Influenza is a recurring condition that affects many people during the year. It was one of the epidemic diseases that led to its appearance, but at present it has been controlled through influenza due to its cause. You begin to feel dryness in your nose, back, and runny nose, and its symptoms often begin during the month with a runny nose.

Material and Methods:

A cross-sectional internet survey was conducted among the residents of Riyadh City. Respondents have to answer all questions of the web questionnaire using MCQs. The questionnaire focuses on different aspects of awareness and coping with the Influenza. The questionnaire aims to collect information from the participants in Arabic language to make it easier for the respondents. Questions focused on different aspects.

Result:

A total of 3000 questionnaires were completed:

The first question in the questionnaire:

Do you think you don't need a flu vaccine every year?

Percentage of those who answered yes: 56%

Percentage of those who answered no: 44%

The second question in the questionnaire:

Can receiving the vaccine give you the flu?

Percentage of those who answered yes: 61%

Percentage of those who answered no: 39%

The third question in the questionnaire:

Should pregnant women get flu vaccines?

Percentage of those who answered yes: 22%

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Percentage of those who answered yes: 33%

Percentage of those who answered no: 67%

The fifth question in the questionnaire:

Do you think that only people with symptoms transmit the flu?

Percentage of those who answered yes: 81%

Percentage of those who answered no: 19%

Note:

Our survey concluded that participants generally have awareness about the influenza except for some information that needs awareness, and the media and print media including the Internet will become an important source for health care promotion.

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