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Podcast Title: World Influenza Day

Department: Microbiology

Category: Day celebration

TRANSCRIPT

WORLD INFLUENZA DAY

“A hundred years ago, a flu pandemic swept across the world, changing history. Today, the virus is still around — smaller, sneakier, but just as serious.”. I am Dr. Lakshmi, Assistant Professor, Microbiology.

World Flu Day is observed on November 1st to raise public awareness about influenza and encourage efforts to control the disease. The day was established in 2018 to commemorate the 100th anniversary of the 1918 Spanish Flu pandemic.

- Influenza virus is the major causative agent of acute respiratory infections in humans.
- The types of Influenza virus:
 - ★ Influenza A
 - ★ Influenza B
 - ★ Influenza C
 - ★ Influenza D
- Type A is notorious for causing pandemics
- The common subtype is H3N2, which causes seasonal flu
- Influenza also occurs in birds and animals in nature, which is named as Avian Influenza H5 N1 and Swine Flu H1N1

How does it spread?

- It spreads via respiratory droplets and is highly contagious and facilitated by coughing and sneezing.
- Incubation Period: 1-4 days

Clinical features:

- Respiratory symptoms persist beyond 2- 5 days:
 - ✓ Fever
 - ✓ Cough
 - ✓ Sneezing
 - ✓ Sore Throat
 - ✓ Myalgia
 - ✓ Malaise

Complications:

- Viral Pneumonia
- Secondary bacterial Infection
- Acute Respiratory distress Syndrome (ARDS)
- Myocarditis
- Encephalitis

High risk group:

- Children 6 – 59 months of age
- Adults $\geq$ 50 years of age
- Persons with chronic pulmonary , cardiovascular, renal, hepatic, neurologic, hematologic or metabolic disorders
- Immunocompromised persons
- Women who are pregnant
- Children receiving aspirin/ salicylate containing medications – Risk of Reye Syndrome
- Persons who are extremely obese
- Caregivers of persons in high-risk group

Prevention and treatment:

- Vaccination – most effective preventive strategy
- Annual inactivated or live attenuated vaccine especially on high-risk groups
- Avoid close contact with sick individuals
- Maintain physical distance in public if possible
- Regularly disinfect frequently touched surfaces like door knobs, switches and mobile phones
- Isolation during illness, rest, plenty of fluids, symptomatic treatment.

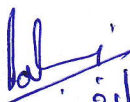
- Antiviral drugs: severe cases only
- Hand hygiene
- Cover mouth and nose with tissue/ elbow when coughing/ sneezing, dispose tissue properly
- Avoid touching your eyes, nose and mouth to help prevent self-inoculation with the virus.

A unique feature of influenza is its ability to undergo antigenic variation which is the reason for epidemics and pandemics. So, this makes it difficult for the monoprophyaxis of influenza.

“This World Flu Day, let’s outsmart the virus — one vaccine, clean hands, and one educated mind at a time.”

“So, the next time you sneeze, don’t just grab a tissue — grab awareness too. Because knowing the flu is the first step to fighting it.”

Thankyou!!


31/10/25

Signature of the Resource Person

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