

## **A question and an answer about virus H1N1**



Firstly, heard the word, thought it is a joke, but discovered that it is a real medical dilemma. Some says that it is a virus that enters to pigs and turns to be another virus that is completely different from that normal virus and becomes very dangerous.

We have not finished yet from the panic caused by birds flu in Egypt and we have the talk about a very dangerous virus known as the virus H,N, that threatens us with a very dangerous epidemic.

### **What is the difference between pigs flu (H,N,) and Birds flu?**

A pig gets (catch) normal flu and birds catch birds flu, then a union happens between the two viruses inside the pig that results in a new virus that can hit the human and move to another human.

The pig plays the role of a mixing container of the two viruses of human flu and bird's flu as there is an exchange between the pieces of the DNA genes so that the virus exchange happens.

The reason of the spread of bird's flu is hens that rose with pigs in the same place. These birds feed on the wastes of pigs, these wastes becomes a part of the birds eggs and thus, transferred the virus to the whole world.

### **What is H1N1?**

It is a type of fu viruses the differs from normal flu virus. In the past, few human cases of virus H, N, were discovered among people who had direct contact with pigs.

But, the new virus that is spread now differs from the previous one. The new virus has the ability to transfer from one person to another wither, they have a direct contact with pigs or not.

The period of incubation of the virus H,N, is about 3 to 7 days and it can be longer among children.

### **Did this disease appear before?**

Yes, it appeared more than once as many infections appeared on 1976, two hundred were injured and one died.

In 1988, a pregnant American woman was injured and took medication but died after one week.

In 2005, twelve persons were injured in U.S.A and in 2007, there were injuries all over America and Spain.

If the disease appeared before, so why all that fuss about the virus now?

Because, it is as a result of the modification of the virus genes, a new race of the disease has appeared with no vaccine. We don't know if the available vaccines against flu can give protection against the disease or not, in addition, the new disease easily spreads among people.

### **What are the symptoms of pig flu?**

The symptoms of pig flu (H,N,) don't differ from the symptoms of the known flu.

### **The most important symptoms?**

1. Coryza and heat.
2. Shiver accompanied by cough.
3. Pain in the throat and all over the body.
4. Headache and general weakness. Some people have vomiting and diarrhea.

These diagnoses are general and can be the diagnoses of other diseases, so the doctor can't diagnose the H,N, except by carrying out check up and Lysis to assure the disease.

## **- How is the infection occurring?**

- The infectious virus transfer by sprinkle spread in the air when breathing, coughing or sneezing the body respond to this virus is still unknown.

- What are the methods of protection?

1. Staying at home when feeling the symptoms of the disease.
2. Covering the nose and the mouth when sneezing or coughing with tissues then, immediately, gets rid of it.
3. Wash hands carefully.
4. Never touch the mouth, the nose or eyes by hands.
5. Continuous cleaning of surfaces and floors by sterilizer.
6. Have enough sleep.
7. Take care of airing the house and rooms.
8. Do not shake hands with other and take care of hugs and kissing.
9. Drink enough water and liquids.
10. Avoid crowded places.

## **\* Strange Information that Interest You:**

- To get rid of ants: put the peel of cucumber in the ants holes.
- To have pure cubes of ice, boil water first.
- To polish mirrors, use Alcohol.
- To take off Gums from clothes, put them in the fridge for an hour.
- To whiten clothes, put them in boiled water and add lemon slices for 10 minutes, then wash them.

- To take your hair shine, add a teaspoon of vinegar to your hair, than wash carefully.

- To take lemon give a large quantity of juice put it in hot water for an hour before squeeze.

- To remove fish smell from your hands, wash them with apple vinegar.

- To stop tears while peeling onion, show a gum.

**- What we have to do when you suspect the infection?**

1. Stay at home.

2. Covering the nose and the mouth when sneezing or coughing using tissues.

3. Washing hands carefully.

- If the disease occurred to a person who comes from a district that spread with the disease, he has to visit the doctor to do some examinations to diagnose the disease to assure the injury.

- Does the flu vaccine protect from virus H1N1?

- Till now, there is no vaccine that can protect from virus H,N, but flu vaccine can give some protection against pigs flu of the type H,N, but the recent type H,N, differs from the virus that infect the human