Influenza Virus Strain H1N1 (swine flu)

[Name of the Writer]

[Name of the Institution]

**Influenza Virus Strain H1N1 (swine flu)**

H1N1 swine flu is an infectious viral disease which is the subtype of influenza A virus. It is an extreme transmissible respiratory disease in pigs which can transfer to the human when they come in contact with the infected pigs or environment. In the 1930s, researchers first discovered the virus isolated from the pigs and found in the veterinarians and producers of pigs. The symptoms of the disease include cough, fever, headache, and fatigue. Symptoms develop from 1 to 4 days. It ends within one week or 10 days through proper vaccination and medication. The doctors may use antiviral agents to control the infection but many scientists believe that vaccination is the best solution for reducing the disease. The most crucial complication of the disease is pneumonia. Besides, many patients face issue of shortness of breath, seizures, bacterial infection of lungs, and death in a few cases. Swine flu was observed in April 2009 in Mexico and reported as pandemic caused by the infection with HINI virus (Jilani, Jamil, & Siddiqui, 2019, p. 1).

Youngsters are more likely to get infected by the virus because strong immune response leads to the collateral tissue damage. The population who use porn meat for nutrition also has more chances for the Influenza Virus Strain H1N1 (swine flu). Moreover, it can be transmissible to the individuals diagnosed for heart disease, chronic diseases, diabetes, asthma, AIDS, or neuromuscular disease. The preventions of the virus include the frequent hand washing, avoid touching person who is having flu, avoiding touching hand on mouth and nose, and proper vaccination for 6-month-old and above people. For newborn baby two doses of vaccination is recommended to avoid the disease. In addition, hospital and nursing staff should take care of the environment where swine flu patient is treated to keep themselves and other patients uninfected.

**References**

Jilani, T. N., Jamil, R. T., & Siddiqui, A. H. (2019). H1N1 Influenza (Swine Flu). In *StatPearls*. Retrieved from http://www.ncbi.nlm.nih.gov/books/NBK513241/