

Protect yourself against respiratory virus diseases

In cold periods of the year, especially at the beginning of autumn and winter months, before the onset of influenza epidemics, the incidence of non-influenza respiratory diseases is increasing in the population, with rhinoviruses, parainfluenza, adenoviruses and other. These cause unpleasant upper respiratory tract infections such as nasosphenic (rhinitis), laryngitis, etc., or more severe lower respiratory inflammations - bronchitis and pneumonia.

In this period dominated in the Czech Republic just mentioned non-influenza respiratory viruses, specifically rhinoviruses and parainfluenza.

Specific prevention (vaccination) cannot be used against non-influenza respiratory viruses. It can only be protected by following general preventive hygiene measures:

1. Avoid contact with sick people.
2. Do not go to places with a high concentration of people.
3. Wash your hands frequently and repeatedly:
 - a. washing hands with soap under warm running water reduces the likelihood of illness
 - b. if water and soap are not available, alcohol-based hand disinfectants are recommended
4. Cover your nose and mouth while coughing and sneezing. Throw away the handkerchief after use.
5. Do not touch the face with your hands, do not rub your eyes - this will reduce the risk of hand virus transmission from contaminated objects.
6. Do not borrow mobile phones, glasses, cutlery, toys etc..
7. While saluting, avoid shaking hands, hugging and kissing.
8. Increase your individual resistance with proper diet, especially:
 - a. eat a varied diet
 - b. increase the supply of natural vitamins - fruits, vegetables
 - c. harden yourself (cold baths, cold water swimming, etc.)
 - d. maintain adequate physical activity, take regular walks in the open air
 - e. often ventilate the room where you stay
 - f. ensure good and satisfactory sleep
9. If you become ill, be considerate of others - stay at home and do not spread the disease further!



RPHA recommendation:

RPHA recommends especially immune-compromised people, retirees, people with long-term chronic illnesses, but also people working in larger collectives, for example, especially healthcare professionals, to vaccinate against influenza, and preferably the tetravalent vaccine.

Vaccination against influenza is fully covered according to § 30 of Act No. 48/1997 Coll. of health insurance, as amended, all insured persons over 65 years of age, insured persons after splenectomy or haematopoietic stem cell transplantation, insured persons suffering from serious chronic pharmacologically-resolved cardiac and vascular diseases, airways, kidney or diabetes and insured persons in health care facilities of long-term care providers, for in homes for the elderly, in homes for people with disabilities or in homes with a special scheme.

In other cases, vaccination against influenza is charged, but in the framework of preventive programs of insured persons, some health insurance companies (such as Revírní bratrská pokladna, Všeobecná zdravotní pojišťovna, Česká průmyslová zdravotní pojišťovna and others) offer its reimbursement.

Sources:

<http://www.szu.cz/tema/prevence/prevence-chripky-obecna-preventivnihygienicka-opatreni>

https://www.healthline.com/hlcmsresource/images/topic_centers/Cold_and_Flu/stomach-flu-header.jpg