

Curie Park  
February 5, 2024

## Global Disaster Trends: Influenza

The topic that I chose for this assignment is influenza, also known as the flu. According to the World Health Organization (WHO), influenza occurs globally annually and is marked by symptoms such as fever, cough, myalgia, etc.<sup>1</sup> There are four types of influenza, A, B, C, and D, of these A and B are the most common and are of importance to global public health.<sup>1</sup> Globally, there are roughly a billion cases per year, which gives rise to 290,000 to 650,000 deaths per year.<sup>1</sup>

I chose influenza as having the most significant importance since the flu has been an annual occurrence for years, and the viruses continue to mutate, resulting in annual flu seasons with yearly vaccines. I also remember learning in my previous courses that before the COVID-19 pandemic, public health professionals thought the next pandemic would be due to the influenza virus.

According to the CDC, the primary way of prevention is to get vaccinated yearly.<sup>2</sup> In terms of amelioration, the CDC recommends antiviral medication as well as seeking medical help for severe cases.<sup>2</sup> For those with mild symptoms, the WHO recommends isolation and rest.<sup>1</sup> As the world has experienced a respiratory-based virus of global threat during the COVID-19 pandemic, and due to the already implemented yearly vaccination regime of the flu vaccine, I believe implementing these prevention steps is attainable. However, as seen during the COVID-19 pandemic, there has been misinformation and resistance to vaccines, which would hinder the implementation of the prevention steps.

## References

1. World Health Organization. Influenza (seasonal). *World Health Organization*. Accessed February 5, 2024. [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)).
3. Centers for Disease Control and Prevention. This flu season could see more severe illness among children and older adults. *Centers for Disease Control and Prevention*. January 12, 2024. <https://www.cdc.gov/flu/spotlights/2023-2024/severe-illness-season.htm>.