**Is there anybody still afraid of the flu?**

A warm winter, without snow or the low temperatures has taken its toll. In Serbia, as well as in our small town, flu reigns. Due to the epidemic of the flu, winter holiday is prolonged - instead on the 18.2, the pupils start school on the 24.2.2020. The Ministry of Education made this decision in order to stop the flu from spreading around schools. Still, these days everybody’s ill, including your reporter writing this article. As we are informed, in kindergarten ‘Čarolija’ here in Ćićevac, up to 90% of the children stays at home these days, some of them ill, some afraid of getting ill.

We talked to dr Ivan Stefanović, a pediatrician in Community Health Center in Ćićevac, and asked him how we can protect ourselves from this illness if we didn’t get vaccinated on time, and what to do if we, never the less, do get ill.

**Which measures should be taken when somebody has the flu?**

* The child should rest more than usual and take lots of fluids. The parents should give the child the therapy to treat the symptoms. This kind of therapy treats individual symptoms: for congested nose, or the runny nose - some age appropriate nasal drops, for sore throat - a spray or throat lozenges that ease the pain in the throat, for coughing – a herbal syrup.

**Which medicine should be given to the children to treat high temperature?**

* Paracetamol – in the form of a syrup, suppositories, or soluble powder. Ibuprofen – in the form of a syrup or pills. Everybody who has very high temperature, should be seen by a doctor at least once during the period of illness. The best time for this is at the beginning of the illness, because more symptoms are present, it is easier to give the diagnosis and spot potential complications on time.

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

* The most common symptoms are high temperature, sore throat, runny nose, coughing, fatigue, pain in muscles and joints, sometimes nausea and vomiting.

**What are the possible complications?**

* The most common flu complications are: sinus infection, ear infection and pneumonia.

**What population is mostly at risk?**

* The population mostly at risk are preschool children, children and adults with pre-existing conditions, and the elderly population.

**Is this virus more dangerous than the ones over the past years?**

* I have to point out that this virus is **no more dangerous** than the ones over the past years, due to the fact that the same type of strain has been isolated so far.

**What should people pay special attention to?**

* The general condition of the child should be monitored, not just how high the fever is. Pay special attention to any deterioration – difficulties breathing, impaired consciousness, strong chest pain, severe malaise, and give symptomatic therapy. If there is deterioration in the state of the child’s health contact the doctor!

If you are not ill, avoid public gatherings and don’t visit those who have the flu since it is highly contagious. If you are ill, drink hot tea, rest and consummate fruit which contains a lot of vitamin C. If your condition is not improving, go to your doctor.

Our pediatrician dr Ivan Stefanović edits an excellent portal for children, where you can get a lot of usefull information: [http://zdravoisrecnodete.rs](http://zdravoisrecnodete.rs/)

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