

FLU AND COVID-19 (CORONAVIRUS INFECTION) DISEASES, SIMILARITIES AND DIFFERENCES, AND TREATMENT METHODS

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Abstract: The article provides a scientific analysis of the main differences and similarities of influenza and COVID-19, the problems of their ability to distinguish them from each other. Specific facts are shown about the types of transmission and methods of treatment, when and where COVID-19 appeared, how many people fell ill with it, how many recovered. This disease, which caused the pandemic caused by COVID-19, caused the whole world to lose its integrity, took with it how many people from the world. The main thing is that even in patients recovering from this disease, it led to the development of some kind of complications and comorbidities [1]. The relevance of the topic is also due to the fact that highlighting the clinical signs, similarities and differences of these diseases, the development of measures to prevent and treat them, showing the differences in the complications they leave [2].

Keywords: vaccination, influenza, pandemic, virus, bacteria, disease, hepatitis.

Introduction. Di Ivanovsky's experiments formed the basis of his dissertation "on the disease of two tobacco", presented in 1888, and this year is described in the book of the same name, published in 1892, and is considered the year of the discovery of viruses. The simplest form of life, a microscopic particle containing molecules (DNA or RNA) of nucleic acids, is located in a protein envelope (capsid) and is capable of infecting living organisms. Viruses are associated with parasites because they cannot reproduce outside the cell [3, 4]. Outside the cell, viral particles act like chemicals. It was first diagnosed in Wuhan, China in 2019 and spread globally, triggering the 2019-2020 coronavirus pandemic. Within 30 days of the Virus's detection, the infection spread nationwide from Wuhan. On March 11, 2020, the epidemic was recognized as a pandemic.

Coronavirus infection COVID-19 (short for Corona Virus Disease 2019) is a severe acute respiratory infection. It can also be carried out in a severe form, as a complication in the form of viral pneumonia, even in the form of mild FLU.

Main part. The Virus is transmitted by coughing or hitting the axis, swallowing small drops from the air. Drops infected with the Virus can get on items, and then the person who touches them can also get infected from touching areas, eyes or nose that have mucous membranes. The Virus can live for several hours on items and scattered in the air. On the surface of metals, however, it can persist for up to 2-3 days. One study found that the whole family suffers from this disease, while 2 members of the family had no symptoms. This means that the disease can also occur without symptoms.

Influenza is a viral, acute infectious respiratory disease. Influenza is a highly contagious disease. Often in 3-5 days, the general condition of the patient improves. The clinical signs and symptoms of influenza will be as follows:

- increased body temperature, above-39°C;
- strong tremor;
- weakness;
- pain in muscles and joints;
- severe headache.

In parallel with these symptoms, respiratory symptoms are observed: sore throat; dry cough; runny nose. Sometimes abdominal pain and diarrhea are observed, if the disease is without complications, it lasts 7-10 days.

Coronavirus and flu differences:

- these two diseases differ in hidden periods, cough manifestations and other symptoms;
- The flu has a very short latent period and a very short duration than Covid-19;
- The interval in Covid-19 is 5-6 days, in influenza-3 days;
- influenza spreads faster than Covid-19;
- Children are actively involved in the spread of influenza, while Covid-19 is rare in children;
- In the coronavirus, a dry cough is observed, in the flu, a wet cough and a tummy, runny nose are observed;
- In Covid-19, Turn 15% is an infection and requires oxygen, critical and severe cases in coronavirus are higher than in influenza;
- The percentage of total deaths in Covid-19 is 3-4 percent, while the percentage of deaths in influenza is lower than 0.1 percent.

Complications of influenza. When the influenza virus affects the cells of the respiratory tract, it can cause bacterial diseases in them, in particular bronchitis, pneumonia, otitis, gaimoritis and other diseases, in addition to which it can aggravate the existing diseases in the patient.

Flu treatment. In the first place in the recovery of the body, the immune system plays a large role. Therefore, measures to increase immunity should be adopted. It is recommended to rest completely, drink plenty of fluids, limit alcohol. Antibiotics do not work against viruses, but

increase the resistance of bacteria to antibiotics. Antibiotics are prescribed only when there are secondary bacterial diseases.

Flu prevention and preventive measures. The best way to prevent influenza is to keep the immune system in good condition throughout the year. There are various ways to strengthen immunity, the most basic of which are: body conditioning (Figure 1); an active lifestyle; proper nutrition (Figure 2).

Another medical method is vaccination. Vaccination is carried out 2-3 months before the onset of the flu season. In particular, compliance with hygiene, wearing special masks, frequent ventilation of the room will also help prevent the disease. Risk groups for the disease: elderly people, pregnant women, people with chronic diseases, people with weakened immunity.



Figure 1. Body conditioning



Figure 2. Proper nutrition

The similarities between Covid-19 and influenza disease are as follows:

- similar clinical manifestations;
- the disease can be mild or severe, also with a risk of death;
- both diseases can lead to pneumonia;
- the viruses that cause both diseases are transmitted in a similar way: through contact, air droplets and objects.

Influenza is a common viral infection. Acute toxicosis is characterized by catarrhal phenomena such as rhinitis, nasal sensitivity and cough with a bronchial lesion. The flu virus is very easily transmitted. The most common method of infection is airborne droplets. It can also be transmitted through everyday household items. Influenza epidemics usually occur every year during the cold season and affect an average of 20-35% of the population. Influenza and O'RWEE account for 95% of all infectious diseases in the world.

Poliomyelitis. Poliomyelitis is a viral disease in which the gray matter of the central nervous system is affected, it also affects the throat and intestines, then the blood, sometimes paralysis occurs in the motor neurons of the spinal cord. Poliomyelitis virus affects the limbs, i.e., changes The Shape of the bones. An effective way to combat this disease is a live polio vaccine.

Hepatitis. Hepatitis " A " is the most common type of virus that has the most favorable appearance of the disease. In rare cases, this form of hepatitis is chronic and sometimes ends with a complete self-medication of the body. Hepatitis " B " is a dangerous form of hepatitis that is accompanied by pronounced symptoms. A complete set of medicines requires mandatory treatment in a hospital with adherence to a strict diet, as well as the abandonment of bad habits. Hepatitis " S " is the most severe form of the disease in which Viral Hepatitis of other groups is often involved. Today there is no effective vaccination against hepatitis C. The disease is difficult to treat and when every 7th patient is infected it causes liver serrosis and post-cancer chronic hepatitis. Hepatitis " E " - this infection is similar to the form of hepatitis A; the disease can also be completely cured with timely referral to specialists. This form is dangerous for women in the last months of pregnancy.

Conclusion. On the basis of the work carried out, I made the following conclusions: 1. Viruses are a special non-cellular life form; viral diseases negatively affect the life of humans, animals and plants. 2. A special danger to humanity is coronavirus COVID-19, which can lead to serious complications and even death. 3. The coronavirus pandemic has become the most dangerous challenge for humanity in recent years. The number of people who have contracted COVID-19 and died due to complications is growing every day.

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