

Interview with a doctor

✘ On November 27, at the student dormitory 2 a doctor Tulaganova Maramat Koraboevna organized a round table on the topic of how to prevent influenza. Everyone should take preventative measures in order to avoid bad consequences of this disease. If a person has any symptoms of cold or flu, it is advisable to ventilate the room in educational institutions. In addition, public transportation personnel, and generally those in the community, are required to work with masks. Complications of this disease can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Patients with flu symptoms should definitely stay in bed. They are advised to drink as many useful fluids as possible, including juice rich in vitamins. In this case, the blood circulation improves and the toxins released from the virus expel more quickly.

When we say that we have a disease, we get fatigue in the heart, kidneys and lungs. In bed, that is, when the body is in a horizontal position, these organs have the potential to perform well. Doctor Marhamat Tulaganova gave her valuable recommendations on how to treat this disease, also listed some food, medications should be used for influenza patient care.

Information of Teacher educator psychologist Dilorom Sagdullaeva

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