

Influenza – A Viral Disease.

Influenza is an endemic disease caused by a virus consisting of a central strand of RNA coated in protein. It effects the upper respiratory system causing sore throat, cough and inflammation of sinuses.

It is transmitted by droplet infection, i.e. with sneezing or via tissues. It would be prevented by quarantine but is very difficult to control. Vaccines are available but due to the number of different types of the virus they are not always effective.