



F.4 - Biology



K + A	Good morning principal teachers and fellow schoolmates. We are students from 4D.
A	I am Angel.
K	I am Kitty.
A	Hi Kitty have you received seasonal influenza vaccine?
K	No, I haven't. Why do you suddenly ask about this?
A	Do you know, seasonal influenza is an acute illness of the respiration tract caused by influenza viruses? Antigenic drifts of seasonal influenza viruses will lead to emergence of new strains. You should take a jab once a year.
K	I heard that the virus have some clinical features.
A	Yes. Symptoms may include fever, cough, and running nose. Some may also experience vomiting and diarrhoea. Influenza viruses mainly spread through droplets when infected people cough, sneeze or talk. The incubation period usually lasts for 1 to 4 days. We should refrain ourselves from work or attending classes at school when there is a sign of such symptoms.
K	Let me test you, do you know how to avoid getting seasonal influenza?
A	Of course! First of all, you should take seasonal influence vaccine. The vaccine is safe and effective in preventing seasonal influenza. The body will develop a sufficient level of antibodies to protect against influenza virus infection.
K	You are a smart girl. And of course, we have to wash our hands frequently, especially before and after touching our mouth.
A	Besides, regularly clean the frequently touched surface such as furniture, toys and commonly shared items with 1 to 99 diluted household bleach.
K	Last but not least, we should try to maintain good indoor ventilation avoid going to crowd or poorly ventilated public places.
A	All in all, in order to protect ourselves and our beloved ones, we should maintain good hygiene, and of course, receive injection on time!
K + A	This is the end of our sharing thank you.