

# Discussion: pandemics and epidemics

[Health & Medicine](#)



**ASSIGN  
BUSTER**

Influenza, HIV1 virus, HIV/AIDS, etc. have been important pandemics that have occurred often and in cases like HIV/AIDS also proved fatal with long term genetic impact.

Influenza has been one of the oldest known epidemics that has often recurred and impacted a huge population across the globe. In 1918, a/H1N1, a type of influenza had caused 20-50 million deaths (Johnson & Mueller, 2002). Since then, various different types of H1N1 viruses have been causing pandemics across the globe. It is caused by a virus which spread fast. It can be spread by coughing or sneezing and therefore everyone is at risk.

The major methods used for prevention is keeping nose and mouth covered with a disinfectant cloth. It is advisable to keep indoor when pandemics occur. Schools are closed and avoid going to public places where one is more at risk. Anti vital drugs are also used during influenza pandemics which help to cope with the disease.