

SWINE FLU (SWINE INFLUENZA) ADVISORY

Swine influenza is caused by **influenza A subtypes H1N1**. Incubation Period from exposure to first symptom is 1-4 days with average of 2 days. It is **most contagious during the first 5 days of illness**.

Symptoms :-

Fever	Bodyaches	Diarrhoea	Rash
Cough	Headache	Nausea	Chest Pain
Sore throat	Chills	Vomiting	Breathlessness
Runny nose	Fatigue	Fever 100 ⁰ F or greater	Pneumonia

These symptoms develop 1-3 days after exposure to any strain of the influenza family of viruses that is endemic in pigs and continue for 7-14 days.

Transmission :-

Swine flu is transmitted from person to person by **inhalation or ingestion of droplets containing virus** from people coughing or sneezing.

When to consult a doctor :-

It is not necessary to consult a doctor if one develops mild flu symptoms and signs. Visit the doctor if one is having chronic disease e.g. asthma, heart disease, pregnancy and develop moderate or severe flu symptoms.

Risk Factors :-

Smoking, not wearing gloves while working with sick animals increases the likely hood of hand to eye, hand to nose or hand to mouth transmission of virus. If one has travelled to area where many people are affected by H1N1 virus, one may be exposed to the swine flu virus.

Complications :-

Worsening of chronic condition like asthma, diabetes, heart disease, Pneumonia, Respiratory Failure.

Diagnosis :-

Diagnosis of confirmed swine flu require **laboratory test of respiratory sample** e.g. nasal swab, throat swab at specialized undermentioned laboratories.

Treatment :-

- **Tablet Oseltamivir (Tamiflu) 75 mg twice daily for 5 days within or after 48 hours** after the onset of symptoms in high risk patients. These tablets should not be used indiscriminately.
- Majority of the people infected with the virus make a full recovery without anti-viral drugs.

Prevention :-

1. Avoid exposure to the virus by not touching eyes, nose or mouth with infected hands.
2. Avoid close proximity to persons with flu like symptoms.
3. Wash hands with soap and water or with alcohol based hand sanitizers.
4. Disinfect household services with diluted chlorine bleach solution.
5. People who suffer from sneezing or cough should use surgical mask.
6. Stay at home.
7. Avoid crowds, parties and people who are coughing and sneezing.
8. **Try to remain away from people and be away by 6 feet from anyone coughing or sneezing.**
9. Saline nasal washes, gargling with saline may reduce viral virus from mucus membranes.
10. Standard **single dose of commercial swine flu vaccines** are effective in controlling the infections.
11. **Vaccination of children from 6 months to 4 years of age, asthmatics, diabetes, HIV, pregnancy.** It costs Rs. 500/-.

Precautions while air travelling :-

- If a person sitting within 6 feet is coughing, request the flight attendant to offer the person a mask.
- If seats are available 6 feet or more away from the coughing/sneezing person, change your seat.
- Turn away from the coughing person & turn air vent towards infected person to blow the droplets away.

High grade fever, cough, cold, sore throat, breathlessness, bodyache, vomiting diarrhea are common symptoms of SEASONAL INFLUENZA (SWINE FLU).

H1N1 is also a type of Seasonal Influenza (Flu) and is a self-limiting viral disease.

Treatment facility for **Seasonal Influenza** including **H1N1** is available in following hospitals :

1. Lok Nayak Hospital, Delhi Gate	14. Safdarjung Hospital, Ansari Nagar (West)
2. GTB Hospital, Dilshad Garden	15. Dr. RML Hospital, Baba Kharak Singh Marg
3. Deen Dayal Upadhyay Hospital, Hari Nagar	16. Sucheta Kriplani Hospital, panchkuian Road
4. Sanjay Gandhi Memorial Hospital, Mangolpuri	17. Airport Health Organisation, Palam
5. Lal Bahadur Shastri Hospital, Khichripur	18. Hindu Rao Hospital, Bara Hindu Rao
6. Pt. Madan Mohan Malviya Hospital, Malviya Nagar	19. Indraprastha Apollo Hospital, Sarita Vihar
7. Baba Saheb Ambedkar Hospital, Rohini	20. Moolchand Khairati Ram Hospital, Lajpat Nagar
8. Chacha Nehru Bal Chikitsalya, Geeta Colony	21. Sir Ganga Ram Hospital, Rajender Nagar
9. Bhagwan Mahavir Hospital, Pitampura	22. St. Stephen's Hospital, Tis Hazari
10. Maharishi Valmiki Hospital, Pooth Khurd	23. Balaji Action Medical Institute, Paschim Vihar
11. Babu Jagjivan Ram Memorial Hospital, Jahangirpuri	24. Max Super Speciality Hospital, Saket
12. Aruna Asaf Ali Govt. Hospital, Civil Lines	25. BLK Super Speciality Hospital, Pusa Road
13. Dr. Hedgewar Arogya Sansthan, Karkardooma	26. AIIMA, Ansari Nagar, New Delhi

Treatment facility for **Seasonal Influenza** including **H1N1** is available in following laboratories :

1. National Centre for Disease Control (NCDC), 22, Sham Nath Marg	6. Super Religare Laboratory, Preet Vihar
2. Vallabhshai Patel Chest Institute, University of Delhi	7. Sequence Referral Laboratories, Janak Puri
3. AIIMS, Ansari Nagar, New Delhi	8. Indraprastha Apollo Hospital, Sarita Vihar
4. Dr. Dang's Lab. Pvt. Ltd., Hauz Khas	9. Sir Ganga Ram Hospital, Rajender Nagar
5. Dr. Lal's Pathlabs, Rohini	10. Max Super Speciality Hospital, Saket

(Dr. Sunil)
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