

## ADVISORY ON SEASONAL INFLUENZA A H1N1

### INTRODUCTION AND MODE OF SPREAD

Seasonal Influenza ( H1N1) is a self- limiting viral, air borne disease spread from person-to-person, through large droplets generated by the act of coughing and sneezing, indirect contact by touching a contaminated object or surface (fomite transmission like telephone, cell phones, computers, door handles, door bells, pens, toys etc) and close contact (including hand shaking, hugging, kissing )

### SYMPTOMS

Fever & Cough, Sore throat, Runny or Stuffy Nose, Difficulty in Breathing. Other symptoms may include Body Aches, Headache, Fatigue, Chills, Diarrhea and Vomiting and Blood Stained Sputum

### CATEGORIZATION OF PATIENTS

- Category A (patients with flu symptoms) neither require Oseltamivir nor testing
- Category B (patients with high risk) require only Oseltamivir. Testing is not required
- Category C (patients with danger signs) require Oseltamivir, testing and hospitalization

### DANGER SIGNALS ( RED FLAG SIGNS ) IN INFLUENZA PATIENTS -

- Fever remains high
- Difficulty in breathing
- Coughing of blood stained sputum
- Altered behavior, incoherent speech
- Bluish discoloration of the skin & lips.

The impact of seasonal influenza activity can be mitigated by simple public health measures such as frequent washing of hands, respiratory etiquette, avoiding crowded places and maintaining distance of an arm length from those affected from flu like symptoms. Informing the public to adopt these measures would be of help. Some of the important points are

- Seasonal influenza A H1N1 can present as fever, cough, sore throat, head ache, body ache and in some cases as diarrhea and vomiting.
- Not every patient with Seasonal influenza A H1N1 needs testing or specific antiviral treatment. Patients should consult doctor and follow advice.
- In case of mild Seasonal influenza A H1N1, it is recommended that contact with others may be limited as much as possible, to prevent transmitting infection to others.
- Take paracetamol in case of mild fever, drink plenty of fluid, eat nutritious food and take rest.
- Stay at home for atleast 24 hrs after fever is completely gone.
- Proper hand washing with soap and water and covering of nose and mouth while sneezing and coughing.
- Immediately consult a doctor in case of high grade fever and severe cough. Get yourself regularly checked by a doctor.



Dos	DON'Ts
<ul style="list-style-type: none"> <li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li> <li>• Frequently wash your hands with soap and water</li> <li>• Avoid crowded places</li> <li>• Person suffering from Seasonal Influenza must be confined at home</li> <li>• Stay more than one arm's length distance from persons sick with flu</li> <li>• Take adequate sleep and rest</li> <li>• Drink plenty of water/liquids and eat nutritious food</li> <li>• Person suspected with Influenza like illness must consult doctor</li> </ul>	<ul style="list-style-type: none"> <li>• Touching eyes, nose or mouth with unwashed hands</li> <li>• Hugging, kissing and shaking hands while greeting</li> <li>• Spitting in public places</li> <li>• Taking medicines without consulting doctor</li> <li>• Disposal of used napkin or tissue paper in open areas</li> <li>• Touching surfaces usually used by public (Railing, door gates, etc)</li> <li>• Smoking in public places</li> <li>• Unnecessary testing for H1N1</li> </ul>

### Steps for Hand washing



0 Wet hands with water;



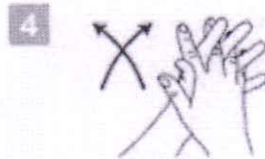
1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



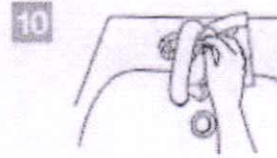
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.