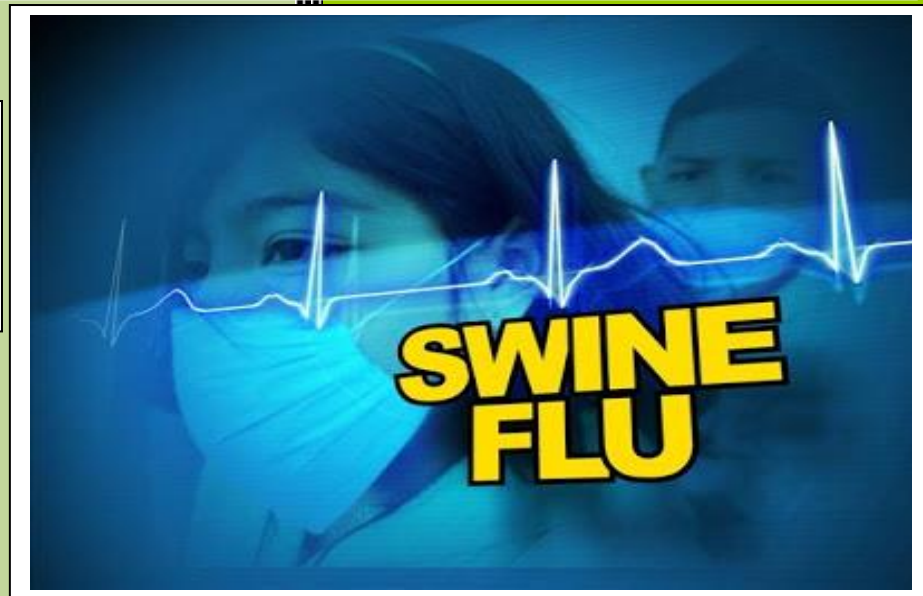
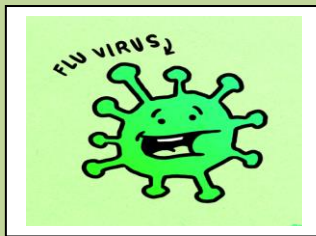




24/02/2020

Advisory on Seasonal Influenza A (H1N1)/Swine Flu



By

Blue Circle Medi Services



BLUE CIRCLE MEDI SERVICES

HEALTH CIRCULAR

Advisory on “Seasonal Influenza A (H1N1)”

Flu Facts: Know When To Seek Care

Flu like illness can be caused by many different flu viruses. Influenza A/H1N1 (earlier called “swine flu” is a type of seasonal flu virus that now occurs around the world.

What To Do When You Have Flu Like Illness

- Flu like illness can present as –fever, cough/sore throat, headache, body ache and in some cases diarrhea and vomiting.
- Most patients with seasonal flu recover after a mild illness (mild fever & cough/sore throat.)
- Not every patient with flu like illness needs testing or specific treatment such as antiviral drug. Only the doctor can assess and advice.
- If you are sick with mild flu-like illness (low fever, slight cough), it is recommended that you limit your contact with others as much as possible to prevent transmitting infection to others.
- Take paracetamol if you have fever, drink plenty of fluids, eat nutritious food and take rest. Stay home for at least 24 hrs after fever is completely gone.
- Wash your hands often with soap and water, and cover your nose and mouth when you sneeze.
- Do continue to monitor illness and get yourself checked after 24 -48 hrs by a doctor. Seek immediate medical attention if having high fever and severe cough.
- Inform the Infirmity staff when you visit health facility regarding symptoms of flu. The staff will provide guidance on influenza screening if required.
- To use a mask or keep mouth covered with a clean handkerchief

Having High Fever and Severe Cough : If fever is high (more than 39* C or 102*F) and having severe cough, seek immediate medical attention. The attending doctor will give you specific medicines.

High Risk Groups To Prevent Flu-Related Complications Need Immediate Attention

- Some people are at high risk of developing serious flu-related complications (such as pneumonia) if they get sick. High risk categories also includes pregnant women, young children, people 65 years and older, healthcare workers, care giver to flu patient, in addition to people of any age with certain chronic medical conditions (such as asthma, diabetes, lung diseases, kidney or heart diseases etc. or those on steroid medication.

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Flu Spread

Flu principally spreads through coughing and sneezing without protection as well as touching nose or mouth with infected hands.

How is Flu (H1N1) Diagnosed?

This is diagnosed clinically by the patient's history of association with people known to have the disease and their symptoms listed above. The symptoms are difficult to differentiate from normal influenza virus.

Only throat swab or nasopharyngeal swab examination can differentiate H1N1 from normal influenza. This test is carried out in some selected laboratories.

What Treatment is available for Flu (H1N1)?

Antiviral agent reported to help prevent or reduce the effects of flu/H1N1 is Oseltamivir (Tamiflu). The drug should not be used indiscriminately, because viral resistance to this drug can and has occurred. In addition, they are not recommended if the flu symptoms already have been present for 48 hours or more, although hospitalized patients may still be treated past the 48-hour guideline.

Can Novel H1N1 /Swine Flu be Prevented with a Vaccine?

The best treatment for influenza infections in humans is prevention by vaccination.



The first vaccine released in early October 2009 was a nasal spray vaccine. It is approved for use in healthy individuals' aged 2 through 49. This vaccine consists of a live attenuated H1N1 virus.

Talk to your doctor about novel H1N1 vaccination.

A serious side effect (allergic reaction such as swelling of the airway) to vaccines can occur in people who are allergic to eggs; these people should not be given flu vaccines. Individuals with active infections or diseases of the nervous system are also not recommended to get vaccinated.

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The following categories of people are recommended to get vaccinated:

- People who live with or provide care for children younger than 6 months of age
- Healthcare and emergency medical services personnel.
- People between 6 months and 24 years of age.
- People in the age group of 25 through 64 who have chronic health disorders such as asthma, diabetes, or a weakened immune system.

Dos and Don'ts

1. Wash your hands as the virus can be transmitted by touching infected material.
2. Use an alcohol-based hand sanitizer if soap and water are not readily available.
3. Use sanitizers on objects that many people may touch e. g. doorknobs, computer keyboards, handrails, phones).
4. Do not touch your mouth, eyes, nose, unless you first do items 1 or 2 above.
5. Avoid crowded places and people who are coughing and sneezing (most virus-containing droplets do not travel more than 4feet so experts suggest 6 feet is a good distance to stay).
6. Avoid touching anything within about 6 feet of an uncovered cough / sneeze.
7. Studies show that individuals who wear surgical or N95 particle masks may prevent inhalation of some H1N1 virus, but the masks may prevent only about 50% of airborne exposures and offer no protection against surface droplets.
8. Drink lots of fluids and be well hydrated. Eat healthy food with lots of vegetables and fruits. Exercise daily. This will increase your immunity to fight the infection.

Prevention is better than cure

Things to do to prevent Swine Flu

1. Maintain Hygiene

- Wash your hands often.
- Scrub your hands for at least 20 seconds with soap
- and water or use an alcohol-based hand cleaner.



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2. COVER YOUR FACE:

- Cover your cough.
- Use a tissue to cover your mouth and nose when you cough or sneeze.
- If you Don't have a tissue? Your sleeve will do.



Watch For Red Flag Signs For Flu Related Complications: Hospitalize Immediately

In addition to usual flu like symptoms, if patient has one or more of following, immediate hospitalization, testing and treatment is needed.

Adults	Children
Breathlessness	Feeling drowsy
Chest pain	High and persistent fever
Fall in BP	Convulsions
Feeling drowsy	Breathlessness
Bluish colour nails	Difficulty in breathing
Worsening of underlying chronic condition	Worsening of underlying chronic condition



This advisory is based on the article published in Medical Journals & MOH&FW site

Please click the below link <http://www.kc.bluecircle.in>

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