



H1N1 Flu (Swine Flu) Awareness



About Swine Flu

Swine influenza (also called **H1N1 flu**, **swine flu**, **hog flu**, and **pig flu**) is an infection by any one of several types of swine influenza virus. Swine influenza virus (SIV) is any strain of the influenza family of viruses that is endemic in pigs. As of 2009, the known SIV strains include influenza C and the subtypes of influenza A known as H1N1, H1N2, H3N1, H3N2, and H2N3.

The 2009 swine flu outbreak is an epidemic of a new strain of influenza virus that was clinically identified in April 2009. It is a type of **influenza A (H1N1)** virus and is currently a phase 5 outbreak with significant risk, one level below an official pandemic. **This virus is species specific and infects pigs; however they do cross barrier of species and transmit to human. Once this happens it easily passes on from one person to the other.**

Signs & Symptoms

- Cough, fever, sore throat, body ache, headache, chills and fatigue. In worst cases and complexities, it may further be added with severe illness and pneumonia or respiratory failure resulting to death.

Do the Following

- No handshake, meaning that greet each other as well as visitors, without shaking hands.
- Maintain personal hygiene.
- Practice safe food consumption habits.
- Cover your sneeze and cough in disposable tissues.
- Avoid close contact with wild birds / animals. Stay away from the Zoo.
- As a social distancing measure, avoid close contact with the people having cough and fever.
- Ensure your regular workplace is kept clean.
- Immediately contact physician in case of illness and fatigue or weakness.

Travel Care

Carry all necessary details about medical assistance during the trip.

List of Government hospitals where H1N1 Swine flu is treated in India.

No	Location	Hospital	Helpline number(s)
1	Pune	Naidu Hospital , Near Le Meridian Hotel, Raja Bahadur Mill, Pune GPO, Pune-411001	+91-20-26058243, 26058842
2	Pune	Aundh Civil Hospital , Ahead Of Sanghavi Gaon, Aundh Camp, Pune – 411027	
3	Bangalore	Rajiv Gandhi Institute of Chest Diseases , Near NIMHANS, Hombegowda Nagar, Bangalore-560029	+91-80-26632634

No	Location	Hospital	Helpline number(s)
4	Chandigarh	Postgraduate Institute of Medical Education & Research (PGI) , Sector 12, Chandigarh-160012	+91-172-2747585, 2746018, 2756565
5	Chennai	Communicable Diseases Hospital , No 187, Thiruvottiyur High Road, Near Apollo Hospital, Tondiarpet, Chennai-600081	+91-44-25912686, 25912687, 25912688
6	Hyderabad	Govt Chest Hospital , E S I Hospital Road, S R Nagar, Erragadda, Hyderabad-500018	+91-40-23814421, 23814422
7	Kolkata	Beliaghata Id Hospital , 57 Beliaghata Main Road, Kolkata-700010	+91-33-23701251, 23701252, 23601251, 23601252
8	Mumbai	Kasturba Hospital , Sane Guruji Rd., Jacob Circle, Opp. Arthur Rd Jail, Mahalaxmi, Mumbai-400011	+91-22-23083901, 23054831, 23004325
9	Noida	Dr. Ram Manohar Lohia Hospital , Ward No.5, Baba Kharak Singh Marg, Connaught Place-110001	+91-11-23921401/24525211

Frequently Asked Questions

1. What can I do to protect myself from swine flu?

The main route of transmission of the swine flu virus seems to be similar to seasonal influenza i.e. the common 'flu', via droplets that are expelled by speaking, sneezing or coughing. You may prevent getting infected by avoiding close contact with people who have flu-like symptoms (try to maintain a distance of about one metre if possible) and take the following measures:

- Avoid touching your mouth and nose.
- Clean hands thoroughly with soap and water, or cleanse them with an alcohol-based hand wash on a regular basis (especially if touching the mouth and nose, or surfaces that are potentially contaminated).
- Avoid close contact with people who might be ill.
- Reduce the time spent in crowded settings if possible.
- Improve airflow in your living space by opening windows.
- Practice good health habits including adequate sleep, eating nutritious food and keeping physically active.

2. Is it necessary that I wear a mask?

- If you are not ill, you do not have to wear a mask.
- If you are caring for an ill person, you may wear a mask when you are in close contact with him/her and dispose of it immediately after contact, and cleanse your hands thoroughly afterwards.
- If you are ill and must travel or be around others, cover your mouth and nose.
- Using a mask correctly in all situations is essential. Incorrect use actually increases the chance of spreading infection.

3. How do I know if I have swine flu?

You will not be able to tell the difference between seasonal flu and swine flu without medical help.

Typical symptoms to look out for are similar to seasonal viruses and include fever, cough, headache, body aches, sore throat and runny nose. Only a healthcare professional and the local health authority may confirm a case of swine flu.

4. What should I do if I think I have swine flu?

If you are feeling ill, have high fever, cough or sore throat:

- Stay at home and keep away from work, school or crowds
- Rest and take plenty of fluids.
- Cover your nose and mouth when coughing and sneezing and, if using tissues, make sure you dispose of them carefully. Clean your hands immediately afterwards with soap and water or cleanse them with an alcohol-based hand wash.
- When you cough or sneeze, cover your mouth as much as possible with the crook of your elbow if you do not have a tissue handy.
- Use a mask to help contain the spread of droplets when you are around others, but be sure to do so correctly.
- Inform family and friends about your condition and try to avoid contact with other people.
- If possible, contact a healthcare professional before travelling to a health facility to discuss whether a medical examination is necessary.

5. Should I take an antiviral medication now just in case I contract swine flu?

No. You should only take an antiviral, such as *oseltamivir* or *zanamivir*, if your healthcare provider advises you to do so. **Individuals should not buy medication to prevent or fight this swine flu without a prescription, and they should exercise caution in buying antiviral medication online.**

6. Should I stop breastfeeding if I am ill?

No; unless a healthcare professional advises it. Studies on other types of flu infections show that breastfeeding is most likely protective for babies; as it passes on helpful maternal antibodies and lowers the risk of respiratory disease. Breastfeeding provides the best overall nutrition for babies and increases their defence factors to fight disease.

7. At what point should I seek medical care?

You should seek medical care if you experience shortness of breath or difficulty breathing, or if a fever continues for more than three days. For parents with a young child

who is ill, seek medical care if a child has fast or laboured breathing, continuing fever or convulsions (seizures). Supportive home care is adequate for recovery in most cases such as resting, drinking plenty of fluids and using a pain reliever for aches. A non-aspirin pain reliever should be used by children and young adults to prevent the risk of developing Reye's syndrome. (Reye's syndrome is a potentially fatal condition that causes numerous detrimental effects to many organs, especially the brain and liver. It is associated with aspirin consumption by children with viral conditions.)

8. Should I go to work if I have the flu but am feeling OK?

No. Whether you have swine flu or seasonal flu, you should stay home and away from work for the duration of your symptoms. This is a precaution to protect your work colleagues and others.

9. May I travel if I'm ill?

If you are feeling ill or have symptoms of flu, you should not travel. If you have any doubts about your health, you should consult with a healthcare professional.

Take care and stay fit!