

Swine Flu India Guide

**Everything You Need to Know To Protect Yourself
and Your Family**

<http://www.swineflu-india.org>

What is Swine Flu?

Swine flu is an infection caused by a virus. The virus is contagious and can spread from human to human. Symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

Swine flu is also known as swine influenza, hog flu and pig flu. In 2009 the media labeled as "swine flu" the flu caused by 2009's new strain of swine-origin A/H1N1 pandemic virus just as it had earlier dubbed as "avian flu" flu caused by the recent Asian-lineage HPAI (High Pathogenic Avian Influenza) H5N1 strain that is still endemic in many wild bird species in several countries.

How Does Swine Flu Spread?

Flu viruses are spread mainly from person to person through droplets created while coughing or sneezing by an infected person. Infected person may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick.

Contrary to the popular belief, swine flu is **not air borne**. The two main ways it spreads: first if someone who's infected sneezes or coughs and you come in contact with the virus in the air. The other is if you touch an object on which the virus may have been deposited and then touch your eyes, mouth or nose.

How to Protect Yourself and Others from Swine Flu?

Follow simple steps as cough etiquette (covering mouth & nose with handkerchief or tissue paper while coughing), stay at least an arm's length from persons coughing or sneezing, avoid gathering and wash your hands frequently. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with people having respiratory illness.
- If one gets sick with influenza, one must stay at home, away from work or school and limit contact with others to keep from infecting them. However, if one is having any respiratory distress, one should report to a nearby hospital.

What are the Symptoms of Swine Flu?

The swine flu and the regular flu look identical to most people. Both have similar symptoms such as

- Fever
- Headache
- Cough
- Sore Throat
- Body Aches

However in some cases the swine flu may cause more discomfort. Patients could complain of nausea, vomiting and diarrhoea, which are not typical symptoms of Influenza or Flu. People over 65, children under age 8 and anyone with a chronic medical condition are more susceptible to the virus.

What Should I do if I Identify Swine Flu Symptoms?

People showing symptoms of:

- Mild fever
- Cough or sore throat
- With or without body ache, headache, diarrhea and vomiting

These patients **do not** require Oseltamivir (Tamiflu) and should be treated for the symptoms mentioned above. The patients should be monitored for their progress

and reassessed at 24 to 48 hours by the doctor. **No testing of the patient for H1N1 is required.**

In addition to all the signs and symptoms mentioned above, if you have high grade fever and severe sore throat, you may require home isolation and Oseltamivir (Tamiflu)

Individuals having one or more of the following high risk conditions shall be treated with Oseltamivir (Tamiflu)

- Children less than 5 years old;
- Pregnant women;
- Persons aged 65 years or older;
- Patients with lung diseases, heart disease, liver disease, kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;
- Patients on long term cortisone therapy.
- **No tests for H1N1 are required for the above symptoms.**

All patients with the above symptoms should confine themselves at home and avoid mixing with public and risk members in the family.

In addition to the above signs and symptoms, if you have one or more of the following:

- Breathlessness
- chest pain
- drowsiness
- fall in blood pressure
- sputum mixed with blood
- bluish discoloration of nails
- Irritability among small children, refusal to accept feed
- Worsening of underlying chronic conditions

You will require testing, immediate hospitalization and treatment based on test results.

These are the procedures recommended by the Health Ministry's Public Information Bureau website which we have tried to simplify. To read the original text, go to <http://pib.nic.in/release/release.asp?relid=51875>

Procedures

If you feel you have symptoms of swine flu, the health ministry in its guidelines released on 15th August has advised you to stay at home and avoid going to public places. Please contact the following numbers and take expert advice.

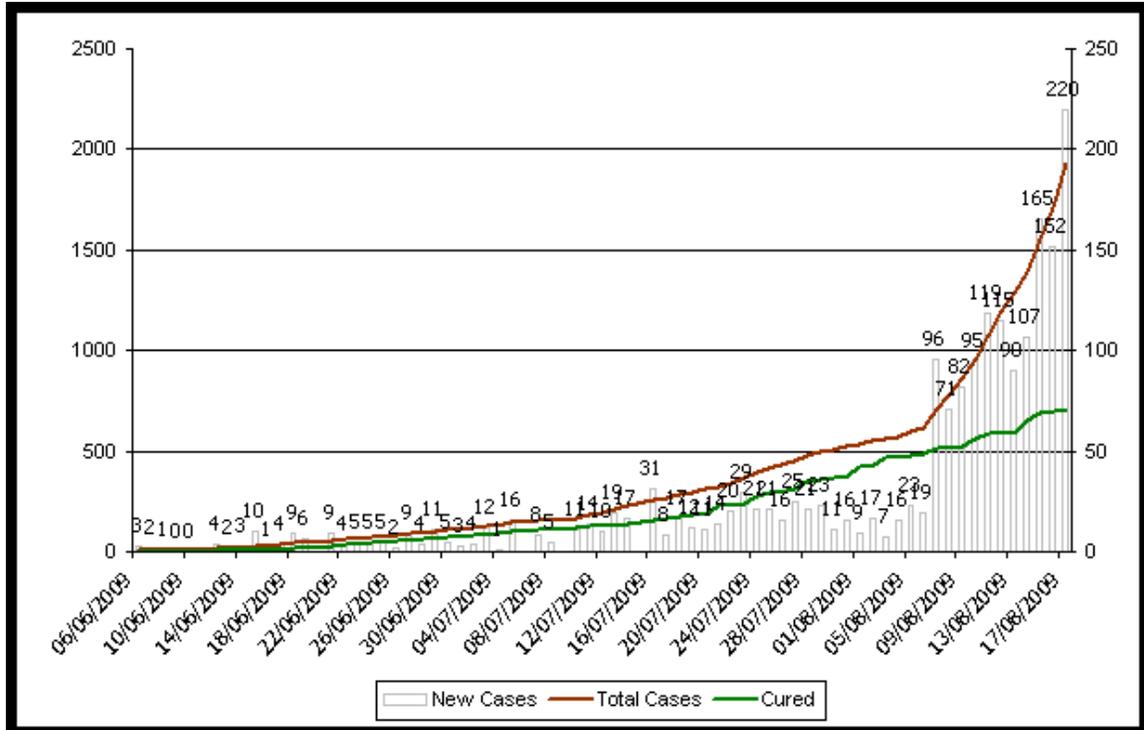
Mumbai	Kasturba Hospital Ph: 022- 23083901 / 23092458 / 23000889 Bhabha Hospital in Bandra Ph: 26422775 / 26429828 / 26406787 Rajawadi Hospital in Ghatkopar Ph: 022-25094149
Delhi	Malviya Nagar hospital Ph: 011-26689999 RML Hospital Ph: 011- 23365525
Chennai	Communicable Disease Hospital Ph: 91-11-24525211, 23404328
Bangalore	Rajiv Gandhi Institute Of Chest Diseases Ph: 91-80-26631923
Pune	Dr. Naidu Infectious Disease Hospital Ph: 09923130909
Kolkatta	Beliaghata Infectious Diseases Hospital Ph: 09433392182

For a complete and updated list go to

<http://www.swineflu-india.org/News/Swine-Flu-Testing-Centers-in-India.html>

What is the Current Status in India?

As on 17th August, 2009, the total number of infections in India is 1927 with 220 being affected on a single day. 29 people have succumbed to the disease.

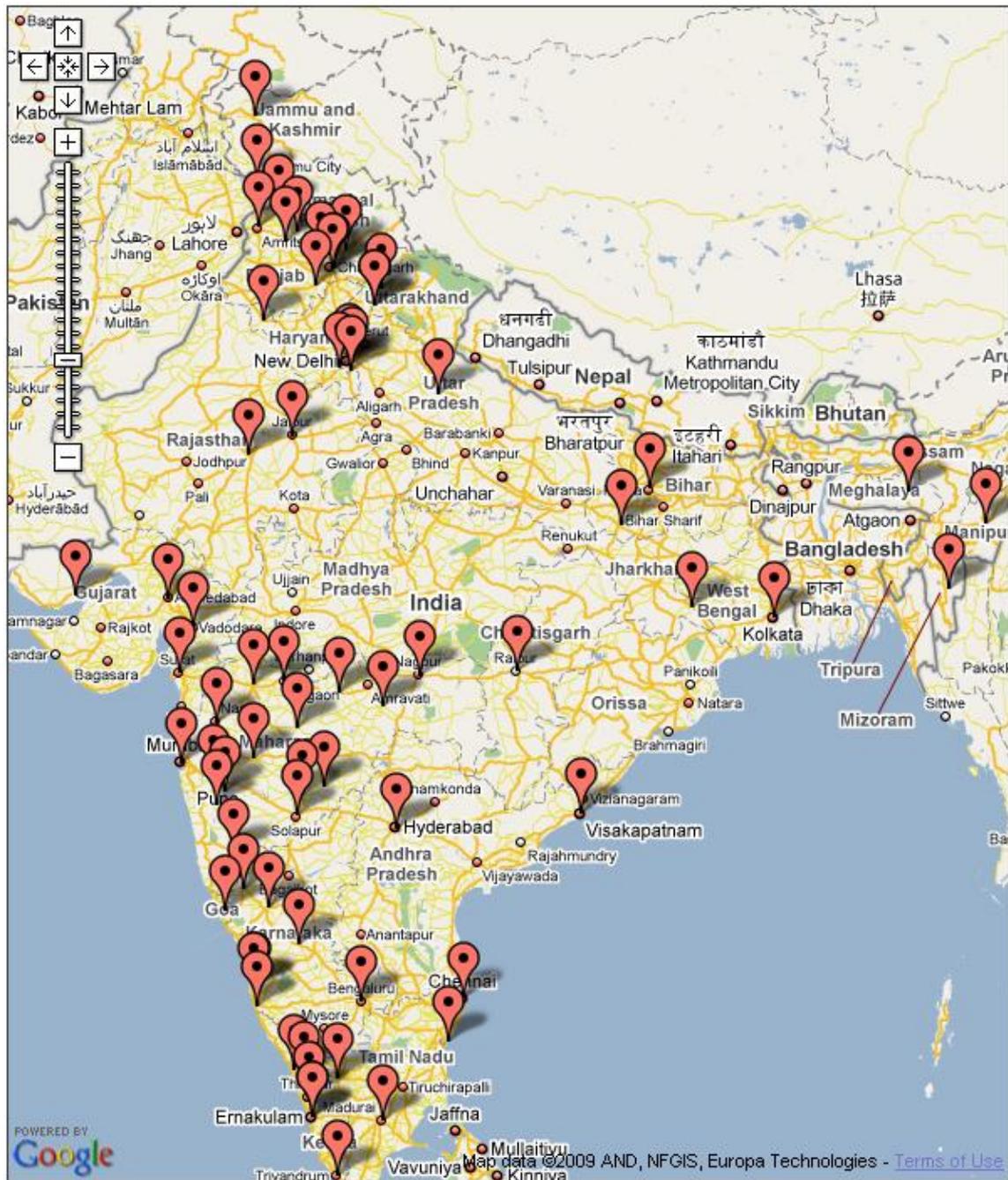


Source: <http://www.swineflu-india.org>

Total Infections as on 17th August: Top 10 Cities

Pune	574
Mumbai	324
Delhi	316
Bangalore	131
Hyderabad	87
Chennai	82
Gurgaon	39
Ahmedabad	34
Kolkata	25
Calicut	23

Geographic Spread in India



See the latest at http://www.swineflu-india.org/swine_flu/map.aspx

Do You Need A Mask?

It has been clarified by the WHO, by the Indian Government and numerous doctors that wearing the mask is an absolutely ineffective method of preventing the virus. The swine flu virus is **NOT air borne** and therefore wearing a mask in well ventilated places and open places does not help.

You will need a mask if you think you are infected with the virus or if you are caring for someone who is infected. We repeat, the best way to protect yourself is by not touching your face, frequent washing your hands and staying an arms distance from sick people. The only way a mask **may** protect you is when someone sneezes right into your face.

Other Important Links

The Swine Flu Quiz

http://www.swineflu-india.org/swine_flu/quiz.aspx

Swine Flu Slide Show, everything you need to know

http://www.swineflu-india.org/swine_flu/slideshow.aspx

Testing Centers in India

<http://www.swineflu-india.org/News/Swine-Flu-Testing-Centers-in-India.html>

6 Ways to Increase Your Immunity against Swine Flu

<http://www.swineflu-india.org/6-Steps-to-Increase-Immunity-Against-Swine-flu-Infection.html>

Government Websites

<http://www.mohfw.nic.in>

<http://www.nicd.nic.in>