

Dear Parents

As you may already know, there have been swine flu cases in Delhi. We are taking all necessary precautions to prevent its occurrence. However, in case your child is suffering from fever or has flu-like symptoms, kindly get the necessary tests done after consulting a doctor. We once more reiterate that you should not send your ward to school if he/she is unwell.

It is sensible to take the following precautions to help prevent the spread of swine flu and other viruses :

- ❖ Children suffering from any chest and breathing problems like asthma should avoid too much physical activity like running, dancing etc.
- ❖ Instruct children to cover their mouth and nose with a tissue/handkerchief when coughing or sneezing.
- ❖ Frequently wash hands to avoid swine flu. Anything touched may be affected, so keeping hands clean will help avoid infection. Avoid touching eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her -eyes, nose or mouth. All children should carry a bottle of SANITIZER in their bags. Please teach them its use and the reason why it is important.
- ❖ Practice other good health habits. Getting plenty of sleep, staying physically active, managing stress, drinking plenty of fluids and eating nutritious food will keep us strong – and more resistant to disease.

The health and well-being of our students is our top priority. We do not wish to cause panic but we need to be aware and take all possible measures to protect our children. Please read the following Advisory about 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>