

Reference No. : 2018 - 19/SCH-DIR /105
11th February, 2019

Dear Parent,

SUB: - ADVISORY ON SWINE FLU

As you are aware there are a number of Influenza (A) H1N1 or Swine Flu cases this year. The number of cases has crossed 1100 in Delhi/NCR.

Swine Flu as such is not fatal but in the case of elderly patients with a medical history of respiratory illness, this can become fatal. The contagious nature of the disease makes it alarming.

Please go through the following advisory and be safe.

Swine Flu is a highly contagious respiratory disease caused by H1N1 virus. It can be like the regular Flu people get every winter. The virus spreads through coughing or sneezing. It can also spread by touching something that someone with H1N1 Flu touched and then putting your hands to your mouth or nose.

Symptoms of Swine Flu are -	Protection-
<ol style="list-style-type: none"> 1. Fever above 100F. 2. Cough. 3. Sore throat . 4. Runny or stuffy nose. 5. Headache. 6. Chills. 7. Body aches. 8. Fatigue. 9. Sometimes vomiting and diarrhoea. 	<ol style="list-style-type: none"> 1. Wash your hands as often as possible with soap and water or use an alcohol based sanitizer. 2. Try not to touch your eyes, nose or mouth. 3. Stay away from sick people. 4. Drink plenty of fluids and rest. 5. Get the H1N1 vaccine shot. 6. Avoid crowded places. 7. Avoid touching surfaces of shared areas, such as door handles, railing, doors etc.

Emergency warning signs-	
A. For children	B. For adults
<ul style="list-style-type: none"> • Fast breathing or troubled breathing. • Bluish skin or fever with a rash. • Not drinking enough fluids. • Not waking up or talking with others. • Not wanting to be held. • Flu improves but returns with fever and worse cough. 	<ul style="list-style-type: none"> • Difficulty breathing or shortness of breath. • Pain or pressure in the chest or stomach. • Sudden dizziness or confusion. • Severe or continuous vomiting. • Dropping blood pressure.

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A person infected with Swine Flu is contagious as long as they are showing symptoms and for upto 3-5 days from start of antiviral treatment. A person caring for someone sick with Swine Flu can become infected from inhaling infected sneeze or cough droplets. The Swine Flu virus can live upto 2 hrs outside of the body. Infection can occur when a person touches a contaminated object and then touches his or her own eyes, nose or mouth. In some cases, Swine Flu is asymptomatic. However, they can still infect other people.

You can stop the spread of H1N1 virus to others by -

1. Staying home at least for 24hrs after your fever has gone. Much better if isolated till all symptoms have gone as people with swine flu may be infectious for upto 10 days after illness.
2. Cover your mouth or nose with a tissue when coughing or sneezing. Put used tissue in the trash.
3. Wash your hands every time you cough or sneeze or use hand sanitizer.

Kindly note the above & stay safe.

Best Wishes,

School Director