

Swine Flu





SWINE FLU IN INDIA

- With the first swine flu death being recorded in INDIA on 4th August 2009, it will be all important to keep a ready recknor at hand.
- More so we need to be aware of the correct symptoms and the right place for treatment.
- So in case we have someone who is seen to have symptoms we could guide them to the right hospital.
- In this presentation, we have compiled additional details about the swine flu, its symptoms and the actions that need to be initiated.



Reeda Sheikh, Std XI student of St Anne's High School, Pune, died on 4th Aug 2009 with Swine Flu infection.

As a Unified Force we can stop the spread of this EPIDEMIC and cure the affected ones with timely and correct treatment.

SWINE FLU

STAY ALERT!

PREVENT AGAINST SWINE FLU



Prevention is always better than cure

A global pandemic of swine flu has potential to adversely affect already hard hit global economy.

The wisdom says that prevention is always better than cure.

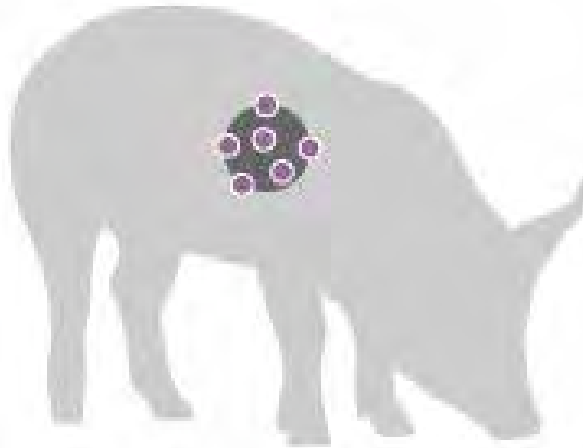
Given the fact that swine flu could be transmitted easily it becomes essential to prevent an outbreak of swine flu in the state and country.



Different species harbour different strains of the flu virus



bird flu

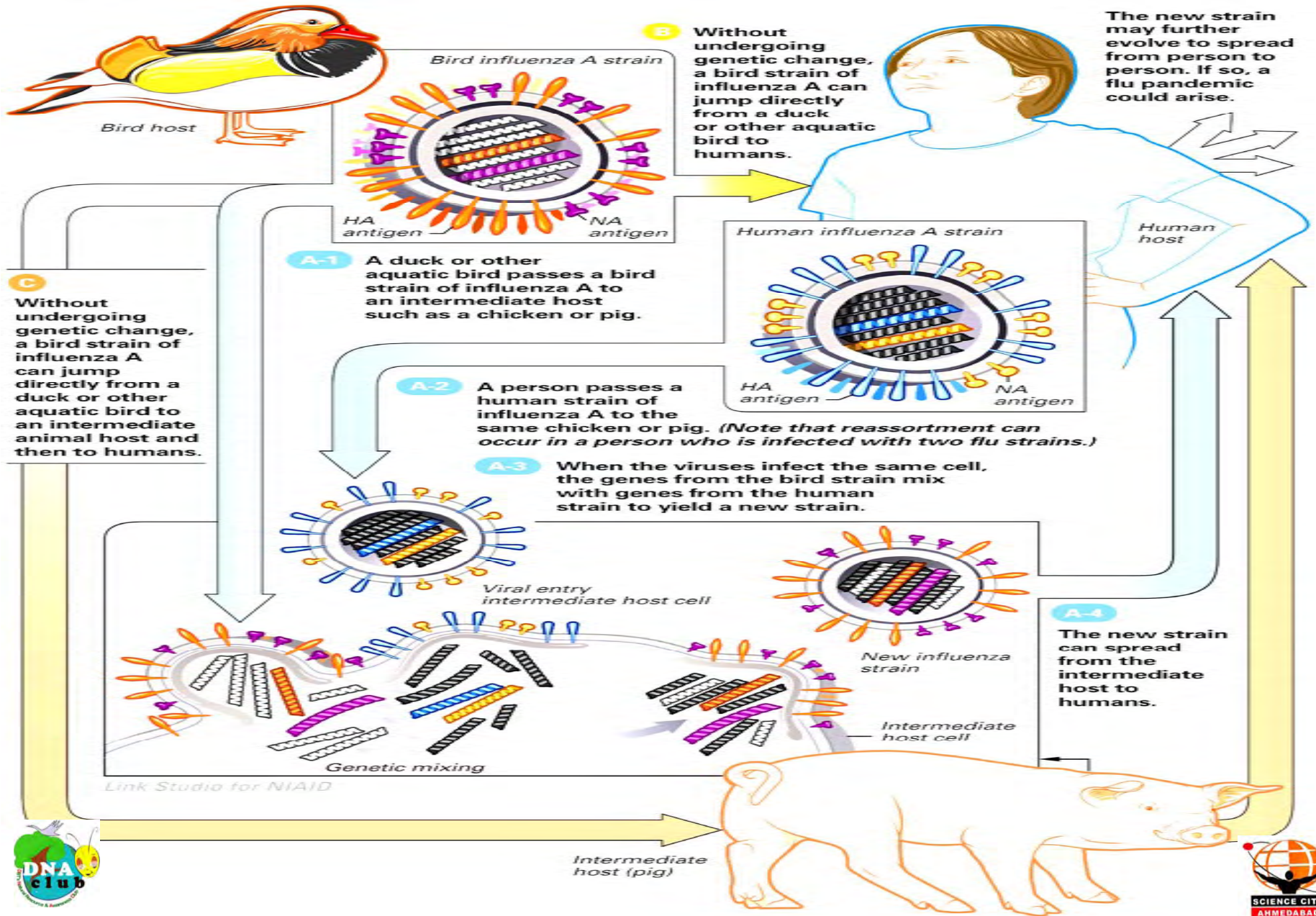


swine flu



human flu

The genetic change that enables a flu strain to jump from one animal species to another, including humans, is called **"ANTIGENIC SHIFT."** Antigenic shift can happen in three ways:



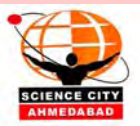
What is swine flu?

- **Swine influenza, or “swine flu”, is a highly contagious acute respiratory disease of pigs, caused by swine influenza H1N1 virus.**
- **Swine flu is caused by Type A influenza viruses that causes regular outbreaks in pigs.**
- **Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.**
- **The virus is spread among pigs by aerosols and direct and indirect contact.**
- **The virus is transmitted from pigs to people and in some cases can be transmitted from human to human.**
- **The flu virus is most likely to spread among people who are in close proximity of pigs which are infected with the virus.**



Is the current swine flu virus contagious?

- Various international agencies (US Centers for Disease Control & Prevention, World Health Organization) have determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human.
- WHO has escalated the world Pandemic Phase from Phase 3 to Phase 4 (in a 6-scale Phase), indicating that a worldwide pandemic due to swine flu H1N1 is possible.



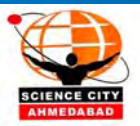
What are the signs and symptoms of swine flu in people?

- The 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.
- Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people.
- Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.



How does swine flu spread?

- Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads.
- Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza.
- Sometimes people may become infected by touching something with live flu viruses on it and then touching their mouth or nose.



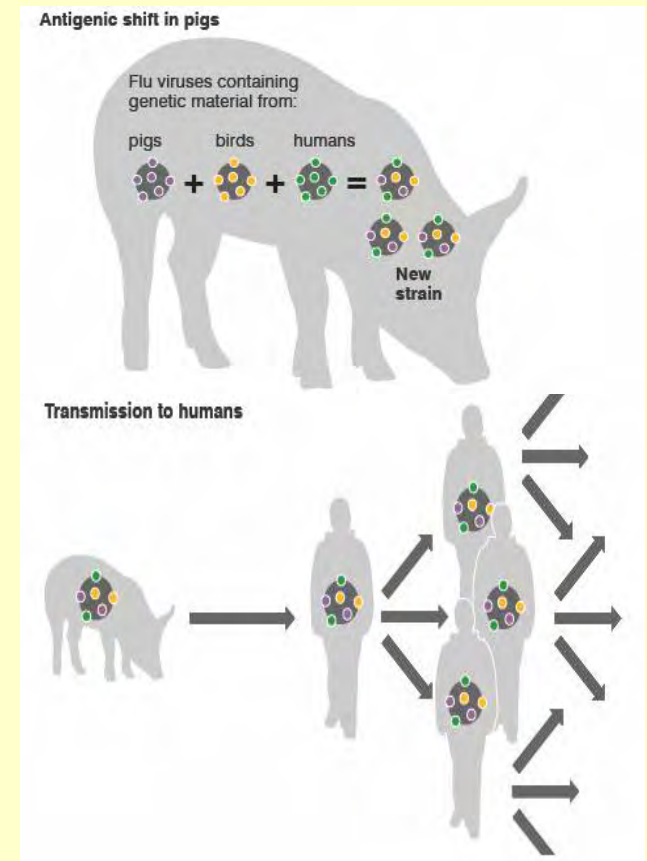
How are human infections with swine influenza diagnosed?

- To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus).
- However, some persons, especially children, may shed virus for 10 days or longer.
- Identification as a swine flu influenza A virus requires sending the specimen to a hospital laboratory for testing.



How can someone with the flu infect someone else?

- Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.
- That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.



How long can an infected person spread swine flu to others?

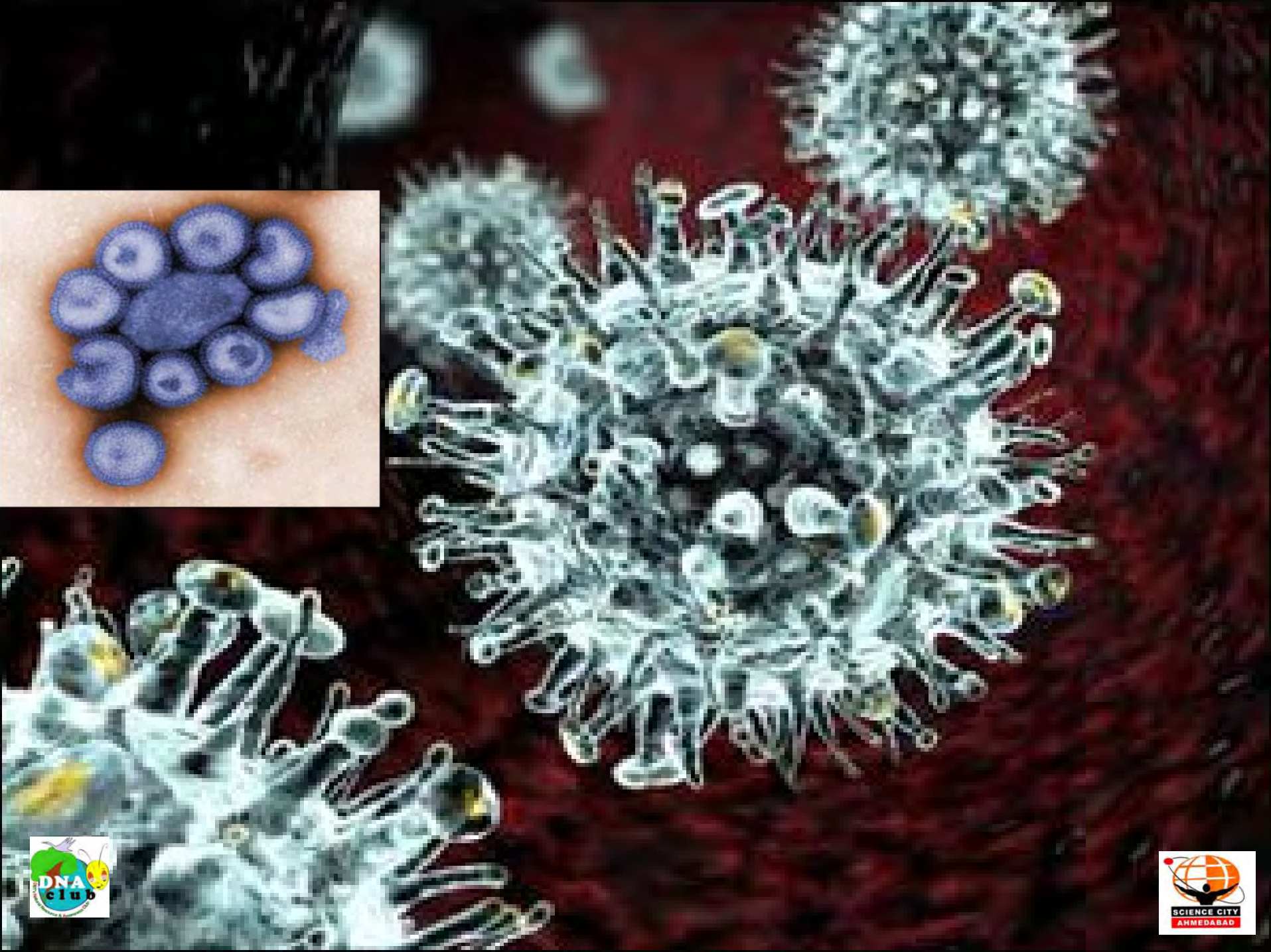
- People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset.
- Children, especially younger children, might potentially be contagious for longer periods.



Is there a vaccine for Pandemic Flu?

- Because the virus is new, presently there is no vaccine ready to protect against pandemic flu.
- Vaccine against Swine Flu virus H1N1 needs at least 6-12 months to be produced.
- Seasonal flu vaccine or past flu immunization will not provide protection.





Are there medicines to treat swine flu?

- Yes. The US CDC recommends the use of oseltamivir (Tamiflu®) or zanamivir (Relenza®) for the treatment and / or prevention of infection with these swine influenza viruses.
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.
- If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).



Sources of contamination

- The virus can be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose, or mouth.
- Droplets from a cough or sneeze of an infected person move through the air.
- The virus can then be spread when a person touches respiratory droplets from another person on a surface like a desk, doorknob, child's toy or phone handset and then touches their own eyes, mouth or nose before washing their hands.
- Don't share your food, chocolate or cold drink with others. Avoid the practice of junk food eating.



How long can viruses live outside the body?

- We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.
- Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.



What can I do to protect myself from getting sick?

- 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. Dettol based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. The virus can spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.



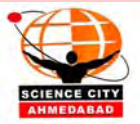
Best way to keep from spreading the virus

- If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket.
- Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.



Best technique for washing hands to avoid getting the flu

- Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner.
- When you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.
- If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.



What should I do if I get sick?

- If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including lung-congestion, fever, body aches, runnynose, sore throat, nausea, or vomiting or diarrhea, contact the health centre, particularly if you are worried about these symptoms.
- Your Doctor will determine whether influenza testing or treatment is needed.
- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
- If you become ill and experience any of the following warning signs (next 2 slides), seek emergency medical care.



Emergency warning signs with Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash



Emergency warning signs for Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



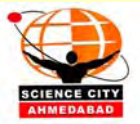
House hold Cleaning, Laundry, and Waste Disposal

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Keep surfaces (esp bedside tables, surfaces in the bathroom, children's toys, phone handles, doorknobs) clean by wiping them down with a household disinfectant according to directions on the product label.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand with water and soap.



Why India is at Risk

- High density of population means if the virus entered the country, it would become difficult to control the outbreak.
- India is a tourist destination which means lot of international travelers visiting the country may carry the infection.
- An infected person can transmit disease even before symptoms develop- therefore it is difficult to identify carriers of virus.
- Lot of travelers from India visit the US and other countries for business and leisure trips and can bring the virus to the country



Government Initiatives

- Develop an information system in order to ensure timely collection and dissemination of information.
- Surveillance at ports and airports to monitor all the incoming travelers in the country.
- Ensure availability of oseltamivir (Tamiflu) drug required to prevent and treat global swine flu outbreak.
- Mass public awareness on symptoms and treatment of swine flu.
- The public at large should be aware on how to prevent swine flu, what are the symptoms and treatment.
- The public should also be motivated to report the potential cases immediately so that corrective actions could be taken.



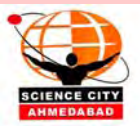
Corporate Sector

- Prevent 'non-essential travel' to swine flu-affected countries.
- Raise awareness among the employees on prevention, symptoms and management of swine flu.
- Develop a surveillance system and all potential cases should be reported to designated hospitals immediately.
- In case an employee is detected positive, other employees who came in contact with infected person should be tested.



Civil Society

- Civil society should take immediate steps to raise mass awareness on prevention, symptoms and treatment of swine flu.
- Civil society may also initiate a surveillance system in the project areas and ensure that all potential cases are reported immediately.



Awareness at School level

- Raise awareness among the children.
- Keep a vigil on students and immediately report symptomatic cases.
- Perform hygienic practice among students
- Inform all about the virus and bacterial infection
- Make the parents aware about the problem.



Individuals and community

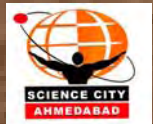
- Stay informed on prevention, symptoms and treatment. Disseminate information.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick.



Sand sculpture at Puri Sea-beach by Shri Sudarshan Pattanayak



**As a Unified Force we can stop the spread of
this EPIDEMIC and cure the affected ones with timely and
correct treatment.**



Compiled by

Dr. Narottam Sahoo, Sr. Scientist, Gujarat Science City, Ahmedabad 380060