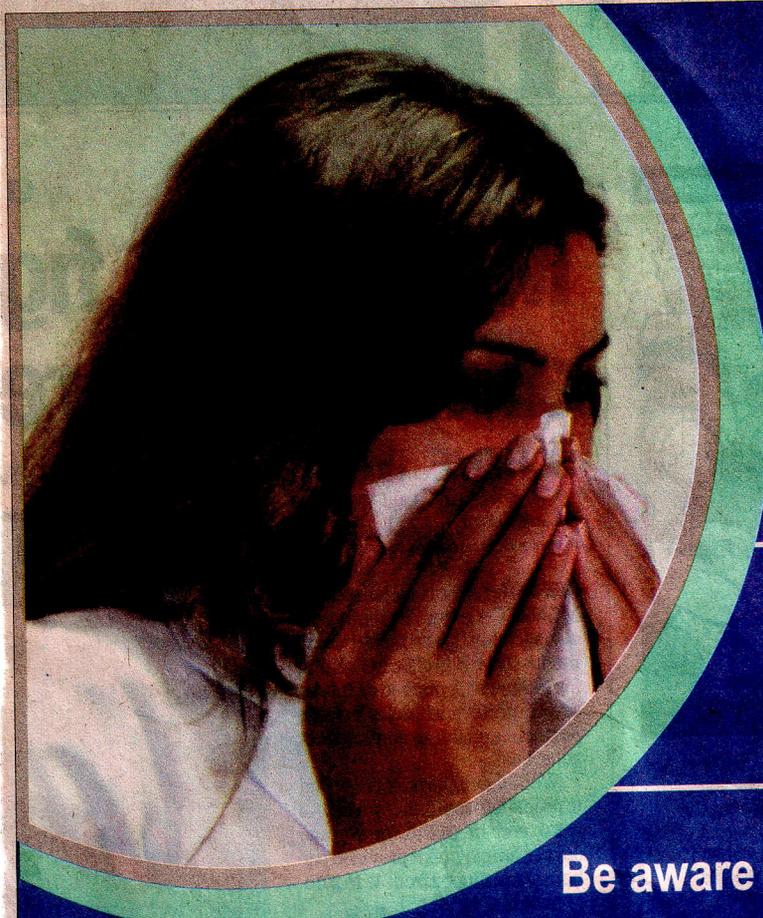


4 Feb 2013



SEASONAL INFLUENZA (FLU)

Few Seasonal Influenza cases have been reported. You can protect yourself and your family members from Seasonal Flu!

Be aware of the symptoms:

- Fever and cough; sore throat; runny or stuffy nose; difficulty in breathing; Other symptoms may include body aches, headache, fatigue, chills, diarrhoea, vomiting, blood in sputum.

Things one should know:

- Seasonal Flu (earlier called Swine Flu) is transmitted from human -to -human by infected particles in the air and is not transmitted by pigs.
- People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old and pregnant women are at higher risk for severe illness.
- Necessary medicines are available with hospitals identified by the Government.
- Stay at home, if advised by the doctor. Report to nearest identified health facility if symptoms aggravate (high fever, difficulty in breathing, blue colour of the skin or lips, blood in sputum or altered behaviour). Take small children to hospital if they have fever, irritable, do not take fluids and refuse to accept feeds.

Follow the Do's and Dont's

DO's:

- Cover your mouth and nose with a handkerchief or tissue paper when you cough or sneeze.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- Avoid crowded places; Stay more than an arm's length from persons afflicted with flu
- Stay away from public places if you have fever, coughing and sneezing
- Drink plenty of water and eat nutritious food.
- Sleep well.

DON'T's

- Shake hands or use other contact greetings
- Spit in public
- Take medicines without consulting the physician

In case you need more information, call: 011-23921401; Outbreak Monitoring Cell, National Centre for Disease Control, Delhi

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