

# DELHI PUBLIC SCHOOL

## BOKARO STEEL CITY

**SWINE FLU** – All you wanted to know about the pandemic Flu

### NATURE

- It is a respiratory disease.
- **Transmission** : Human to human transmission spreads in the same way as seasonal flu- Through coughing and sneezing

### CAUSAL ORGANISM.

- Caused by H<sub>1</sub>N<sub>1</sub> virus, genetically different from the fully H<sub>1</sub>N<sub>1</sub> seasonal virus causing influenza, though the symptoms are broadly the same as those of ordinary flu, but may be more severe and cause more serious complications.

### SYMPTOMS

- Typical symptoms are a) sudden fever (a high body temperature of over 38<sup>0</sup> C a 100.4<sup>0</sup> F) or a sudden cough.
- Other symptoms include headache, tiredness, chills, aching muscles, limb or joint pain, diarrhoea or stomach upset, sore throat, runny nose, sneezing, loss of appetite.

**PREVENTION** :- Preventing the spread of germs is the best way to slow down the spread of Swine flu.

Protect yourself and your family by

- a) Ensuring everyone washes their hands regularly with soap and water.
- b) Always carrying tissues.
- c) Covering your mouth and nose using tissues when you cough or sneeze.
- d) Binning the tissue as soon as possible.
- e) Washing your hands regularly.

**"Catch it ! Bin it ! "Kill it !** - is a simple way to remember this.

**TREATMENT** – Antiviral medicines and antibiotics are available to treat anyone who becomes ill during the current pandemic, but definitely with the help of a competent medical practitioner.

Vaccines to protect against swine flu will be available later.

Thus to prevent the disease few points to remember.

- Do not panic, if you have flu symptoms.
- Immediately consult a competent medical practitioner and follow the dose suggested.
- Take lot of rest.
- Increase you fluid intake.
- Do not join school until you are declared fit medically by consultant doctor.
- After discontinuing the viral medicines the symptoms of flu should not be there for about 24 hrs (Please take note).
- Join school once you are completely cured and fit.

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