

HEALTH ADVISORY: INFLUENZA-2017

Influenza is an acute viral infection of the respiratory tract. Although the large majority of cases of influenza are a self limiting upper respiratory infection, complications can and do occur. The Influenza virus has subtypes A, B and C. Type A and B gives rise to epidemics, but Influenza A is known to cause pandemics (e.g. Influenza A H1N1). Type C infection usually causes either a very mild respiratory illness or no symptoms at all, it does not cause epidemics. Influenza (flu) is a common contagious illness that spreads every year from October through winter. The symptoms are cough, fever/chills, sore throat, muscle aches, fatigue, headache and a runny or stuffy nose. In children it can cause diarrhoea and vomiting. Most people will have only a mild illness but in some people it can cause serious disease and even death.



HOW VIRUS SPREADS



- Person to person
- Just like normal, seasonal flu
- Inhaled droplets from coughing/sneezing
- Droplets on hands/surfaces

INCUBATION

The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days with an average of about 2 days.



INFLUENZA PRECAUTIONS



- 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. **CLEAN HANDS SAVE LIVES.**
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. Please stay home from work or school and limit contact with others to keep from infecting them.



DANGER SIGNS

Fast breathing, pain or pressure in the chest or abdomen, sudden dizziness or confusion.

PLEASE SEEK MEDICAL ADVICE



Testing facility available at Sheri Kashmir Institute of Medical Sciences (SKIMS) Soura and Chest Disease (CD) Hospital, Dalgate, Srinagar for influenza by a test known as RT-PCR.



Antiviral drugs prescribed by a doctor can treat the flu and prevent serious complications.

People most Likely to Get Complications

- older
- young children
- pregnant women
- asthma
- neurological conditions
- cystic fibrosis
- heart disease
- blood disorders (like sickle cell)
- diabetes
- chronic kidney or liver disorders
- a weakened immune system (like AIDS)
- cancer
- on steroids
- younger than 19 years receiving long-term aspirin therapy
- morbid obesity
- chronic lung disease (like COPD)

DEPARTMENT OF HEALTH HELPING YOU

Daily Surveillance of **12 DISTRICTS** for number cases respiratory tract infections, OPD cases, hospitalised

- Rapid Response Teams (RRT) in place in all districts
- Data is analysed
- Cluster cases are investigated
- Samples collected

On-The-Spot Symptomatic Treatment to affected population

VACCINE

An inactivated vaccine against influenza is available

- The flu virus changes every year. This year virus is of different strain (Michigan), earlier it was California strain. Till year 2016 it was pandemic strain (pdm09)
- Vaccine is against 3-4 viruses of flu
- Vaccine is recommended for children under 5 years old and adults above 65 years old.
- Influenza vaccine is 70-80% effective
- Immunity develops after two weeks



The Indian Council of Medical Research (ICMR) has recommended following trivalent seasonal Influenza vaccine composition

1. an A/Michigan/45/2015(H1N1)pdm09 like virus
2. an A/Hong Kong/4801/2014 (H2N2)- like virus
3. an B/Brisbane/60/2008- like virus

FACE MASKS NOT NECESSARY FOR GENERAL PUBLIC



Doctors/Paramedics/Emergency Room workers:
Triple-layer face mask/double-layer surgical masks

Doctors/Technicians, while taking a throat/nasal swab from a suspected case of Influenza-Like-Illness: N95 Masks (Respirator)

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