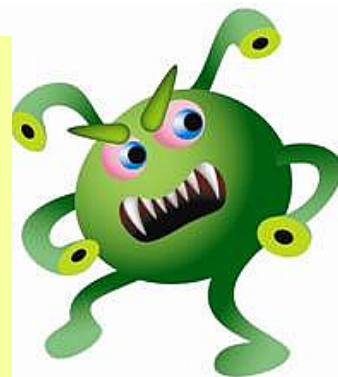


HEALTH ADVISORY: INFLUENZA

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.

You can get tested at **Sheri Kashmir Institute of Medical Sciences (SKIMS) Soura** and **SMHS Hospital Srinagar** for influenza by a test known as **RT-PCR**.

Danger Signs:



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

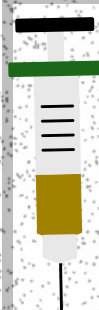
PLEASE SEEK MEDICAL ADVICE

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

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

- morbid obesity
- Chronic lung disease (like COPD)



VACCINE

An inactivated vaccine against influenza is available.

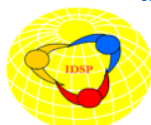
- The flu virus changes every year
- Vaccine is against 3-4 viruses of flu
- Everyone should get vaccines 6 months and older
- Get vaccinated soon after vaccine available (by october)
- Immunity develops after two weeks

DEPARTMENT OF HEALTH HELPING YOU

Daily Surveillance of 12 Districts for number cases respiratory tract infections, OPD cases, hospitalized

- Data is analyzed
- Cluster cases are investigated
- Samples collected

On-The-Spot Symptomatic Treatment to affected population



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)

Directorate of Health Services Kashmir, India
INTEGRATED DISEASE SURVEILLANCE PROGRAMME (IDSP)

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