

# AHLCON PUBLIC SCHOOL

## ADVISORY ON SEASONAL INFLUENZA A H1N1

Seasonal Influenza (H1N1) is a self-limiting viral, air borne disease spread from person-to-person, through large droplets generated by the act of coughing and sneezing, indirect contact by touching contaminated object or surface and close contact.



### DANGER SIGNALS (RED FLAG SIGNS) IN INFLUENZA PATIENTS-

- Fever remains high with Body Aches, Headache, Fatigue, Chills, Diarrhea and Vomiting
- Difficulty in breathing
- Coughing of blood stained sputum
- Altered behavior, incoherent speech
- Bluish discoloration of the skin & lips.

### PREVENTIVE MEASURES

- Frequent washing of hands
- Respiratory etiquette
- Avoiding crowded places and maintaining distance of an arm length from those affected from flu like symptoms.

### PROPHYLACTIC MEASURES

- In case of mild fever take paracetamol with doctor's advice and drink plenty of fluid, eat nutritious food and take rest.
- Stay at home for at least 24hrs after fever is completely gone.
- Proper hand washing with soap and water and covering of nose and mouth while sneezing and coughing.
- Immediately consult a doctor in case of high grade fever and severe cough. Get yourself regularly checked by a doctor.

<b>Dos</b>	<b>DON'Ts</b>
<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li><li>• Frequently wash your hands with soap and water</li><li>• Avoid crowded places</li><li>• Person suffering from Seasonal Influenza must be confined at home</li><li>• Stay more than one arm's length distance from persons sick with flu</li><li>• Take adequate sleep and rest</li><li>• Drink plenty of water/liquids and eat nutritious food</li><li>• Person suspected with Influenza like illness must consult doctor</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands</li><li>• Shaking hands while greeting</li><li>• Spitting in public places</li><li>• Taking medicines without consulting doctor</li><li>• Disposal of used napkin or tissue paper in open areas</li><li>• Touching surfaces usually used by public (Railing, doorgates, etc)</li><li>• Smoking in public places</li><li>• Unnecessary testing for H1N1</li></ul>