

## ADVISORY FOR SWINE FLU

The H1N1 Influenza, commonly known as Swine Flu, is a growing concern .The school would like to share with you certain basic guidelines that shall help you become more aware and take basic precautions .

What is Swine Flu (Influenza A H1N1)?

To put simply, it's a Swine-origin influenza A H1N1 virus .

How does it spread?

At present, evidence suggests that the main route of human-to-human transmission of the new Influenza A (H1N1) virus is via respiratory droplets, which are expelled by speaking, sneezing or coughing.

How can my child get it?

Any person who is in close contact (approximately 1 meter) with someone who has influenza-like symptoms (fever, sneezing, coughing, running nose, chills, muscle ache etc) is at risk of being exposed to potentially infective respiratory droplets.

How is it different form the Common Flu?

Symptoms of swine and seasonal flu include fever, cough, sore throat, body aches, headache, chills, and fatigue. Patients do seem to be reporting diarrhoea and vomiting more often with swine flu than is the case for "normal" flu, but in practice the two forms are probably indistinguishable.However, a slight difference is noticed during the later stages where H1N1 flu leads to severe Respiratory distress as opposed to the seasonal flu which is of self limiting nature.

Basic Guidelines

- Basic hygiene is imperative
- Proper Respiratory etiquette: Using a tissue while sneezing or coughing.
- Maintain distance of at least 1 meter from any individual with influenza-like symptoms, and: refrain from touching mouth and nose;
- Wear a mask if influenza like symptoms appears.

- Perform hand hygiene frequently, by washing with soap and water or using an alcohol based hand rub/sterilizer.
- reduce as much as possible the time spent in close contact with people who might be ill;
- reduce as much as possible the time spent in crowded settings;
- improve airflow in your living space by opening windows as much as possible
- For individuals with influenza-like symptoms:
  - Stay at home if you feel unwell and seek an appointment with you General Physician.
  - keep distance from well individuals as much as possible (at least 1 meter);
  - Cover your mouth and nose when coughing or sneezing, with tissues or other suitable materials, to contain respiratory secretions. Dispose off the material immediately after use or wash it. Clean hands immediately after contact with respiratory secretions.

**Use of Masks in public places is being advocated.**

If masks are worn, proper use and disposal is essential to ensure they are potentially effective and to avoid any increase in risk of transmission associated with the incorrect use of masks.

The following information on correct use of masks should useful:

- Place mask carefully to cover mouth and nose and tie securely to minimize any gaps between the face and the mask
  - While in use, avoid touching the mask
- Whenever you touch a used mask, for example when removing or washing, clean hands by washing with soap and water or using a sanitizer
- replace masks with a new clean, dry mask as soon as they become damp/humid
- do not re-use single-use masks
- discard single-use masks after each use and dispose of them immediately upon removing.