

REPORT

ON

SENSETIZATION & ORIENTATION ON INFLUENZA (H1N1) 'THE SWINE FLU'

28 FEBRUARY 2015

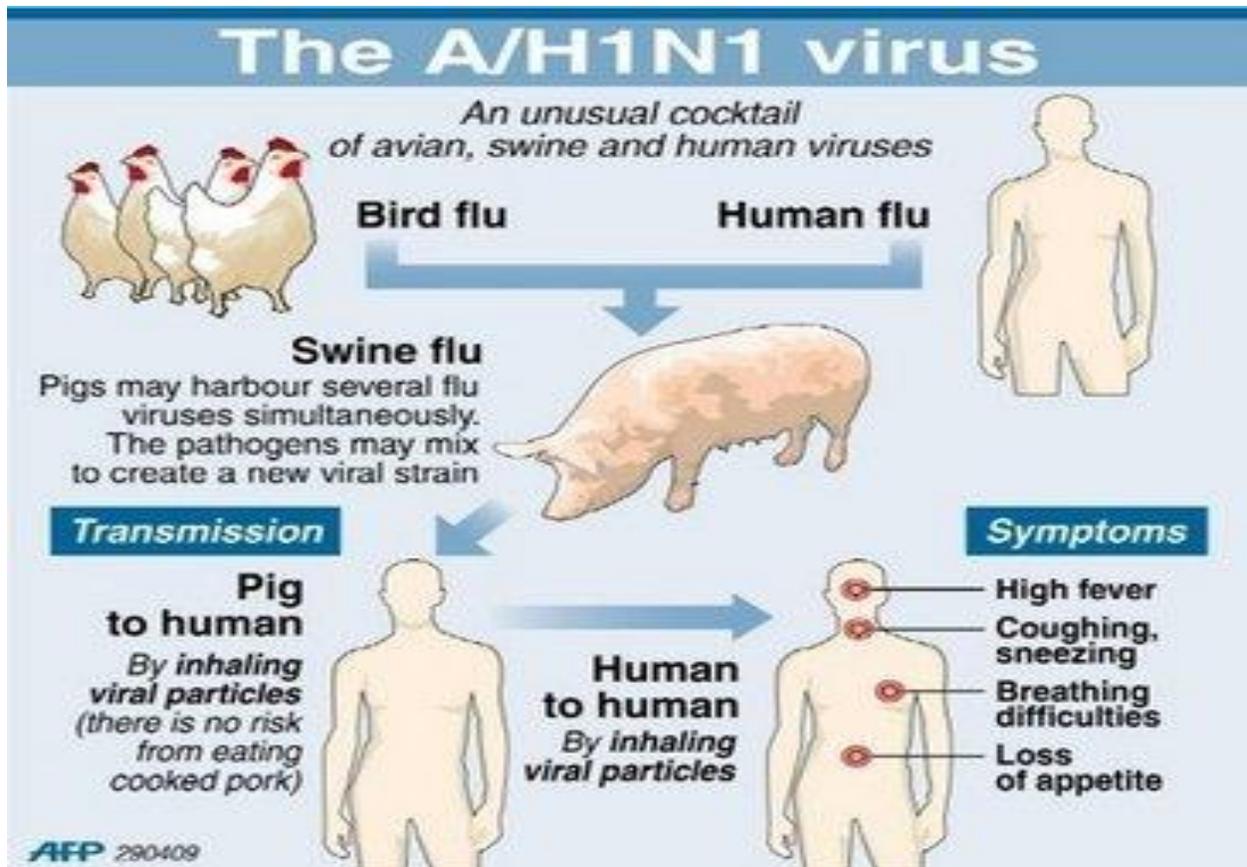


Ashtavakra Institute of Rehabilitation Sciences and Research organized an orientation on 'INFLUENZA (H1N1)-SWINE FLU' at conference hall. The orientation was taken by Dr. Bijender Sindhu, Head of Department of Physiotherapy and Occupational Therapy, AIRSR Delhi.

Dr. Sindhu stated that "swine flu" is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread.



He explained that the virus H1N1 was originally referred to as “swine flu” because laboratory testing showed that many of the genes in the virus were very similar to influenza viruses that normally occur in pigs (swine). He further said that study has shown that the ‘SWINE FLU’ might have genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.





How to avoid H1N1



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands



Cover your nose and mouth with a disposable tissue when coughing and sneezing



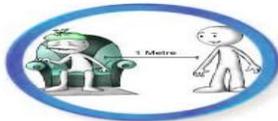
Dispose of used tissues properly immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places

According to him the symptoms of 'SWINE FLU' virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.

He mentioned that children younger than 5 years, but especially children younger than 2 years old and adults 65 years of age and older are at risk.

PRECAUTION



Swine Influenza A(H1N1) *Treatment*

	Oseltamivir (Tamiflu)		Zanamivir (Relenza)	
	Treatment	Prophylaxis	Treatment	Prophylaxis
Adults	75 mg capsule twice per day for 5 days	75 mg capsule once per day	Two 5 mg inhalations (10 mg total) twice per day	Two 5 mg inhalations (10 mg total) once per day
Children	15 kg or less: 60 mg per day divided into 2 doses	30 mg once per day	Two 5 mg inhalations (10 mg total) twice per day (age, 7 years or older)	Two 5 mg inhalations (10 mg total) once per day (age, 5 years or older)
	15–23 kg: 90 mg per day divided into 2 doses	45 mg once per day		
	24–40 kg: 120 mg per day divided into 2 doses	60 mg once per day		
	>40 kg: 150 mg per day divided into 2 doses	75 mg once per day		

Dosing recommendations for antiviral treatment of children younger than 1 year using oseltamivir. Recommended treatment dose for 5 days. <3 months: 12 mg twice daily; 3-5 months: 20 mg twice daily; 6-11 months: 25 mg twice daily

Dosing recommendations for antiviral chemoprophylaxis of children younger than 1 year using oseltamivir. Recommended prophylaxis dose for 10 days. <3 months: Not recommended unless situation judged critical due to limited data on use in this age group; 3-5 months: 20 mg once daily; 6-11 months: 25 mg once daily

Source: CDC

People infected with 'SWINE FLU' shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after.

Dr. Sindhu also highlighted that prevention is better than cure. He cautioned the audience that we should cover our mouth and nose with a handkerchief or tissue paper when we cough or sneeze, wash our hands often with soap and water, avoid touching eyes, mouth and nose, avoid crowded places, drink plenty of water and sleep well.

He also advised to take medicines after consulting the physician. He also briefed the gathering on the medicines available at various hospitals and chemists.

He stressed that we need not worry much about 'SWINE FLU' virus as it does not work if we have good immunity in ourselves.

The orientation was informative and fruitful in context with present prevailing increase in the number of swine cases.