

LMO-669 / Disp 2015 / dt 18/02/15



स्वास्थ्य केन्द्र
मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद-२११००४ (भारत)

Health Centre
Motilal Nehru National Institute of Technology Allahabad –
211004 (India)

Dated 18-02-2015

What Is Swine Flu?

Swine flu, also known as the H1N1 virus, made headlines in 2009 when it was declared a pandemic (Dandagi & Byahatti, 2011). Pandemics are contagious diseases affecting people throughout the world or on multiple continents at the same time. H1N1 has already been seen in 74 countries across the globe. (Dandagi & Byahatti, 2011).

H1N1 is highly contagious, allowing it to spread quickly from person to person. A simple sneeze may cause thousands of germs to spread through the air. The virus can linger on tables and surface areas like door knobs, waiting to be picked up.

The swine flu causes many symptoms similar to regular influenza. Diagnosis can be made by testing a swab of mucus from the nose or throat. For those who have swine flu, the oral drug Tamiflu is recommended.

Injection and nasal spray vaccinations are available to prevent swine flu. The best means of dealing with swine flu is to prevent it. Hand sanitization is important to stop the spread of the virus, and staying away from infected individuals will help stop person-to-person transmission.

Cause of Swine Flu

The swine flu is caused by a strain of influenza virus that usually only infects pigs. Unlike typhus, which can be transmitted by lice or ticks, the main transmission is not from pigs to people, but rather from person to person.

Swine flu is very contagious. The disease is spread through saliva and mucus particles. People may spread them by:

- sneezing
- coughing
- touching a germ-covered surface and then touching their eyes or nose

Symptoms of Swine Flu

Most symptoms are the same as seasonal flu. They can include:

- cough
- fever
- sore throat
- stuffy or runny nose
- body aches
- headache
- chills
- fatigue

Tests for Swine Flu

It's hard to tell whether you have swine flu or seasonal flu, because most symptoms are the same. People with swine flu may be more likely to feel nauseous and throw up than people who have seasonal flu. But a lab test is the only way to know for sure.

Vaccine for Swine Flu

The same flu vaccine that protects against seasonal flu also protects against the H1N1 swine flu strain. You can get it as a shot or as a nasal spray. Either way, it "teaches" your immune system to attack the real virus.

Besides a flu shot, there are other things you can do to stay healthy:

- Wash your hands throughout the day with soap and water. Sing the "Happy Birthday" song twice to make sure you've washed long enough. Or use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose, or mouth.
- Avoid people who are sick.

Preventing Swine Flu

Easy ways to prevent swine flu (in addition to being vaccinated) include:

- washing hands frequently with soap or hand sanitizer
- not touching your nose, mouth, or eyes because the virus can survive on telephones, tabletops, etc.
- staying home from work or school if you are ill to keep others healthy
- avoiding large gatherings when swine flu is in season. Flu season shifts a little bit from year to year, but in the India it generally peaks in January, although it often starts in October and runs until as late as May. It is possible to get the flu year-round.

Risk Factors for Swine Flu

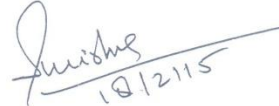
Swine flu is unusual because it does not target the same age group as the rhinovirus (typical flu). The disease focuses on young adults. This is unusual because most flu viruses attack those who are elderly or very young. Some form of immunity to swine flu may exist in the elderly due to previous flu exposures.

Other risk factors for swine flu include:

- compromised immune system (from a disease such as AIDS)
- pregnancy
- past history of infections

Outlook for Swine Flu

Severe cases of swine flu can be fatal. Most fatal cases are in those with underlying conditions, such as HIV/AIDS. The majority of people with swine flu recover and can anticipate a normal life expectancy.



18/2/15

Dated : 18-02-2015

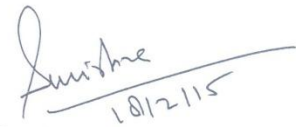
Dr Shailendra Kumar Mishra

Medical Officer incharge

MNNIT Allahabad

Copy forwarded for information and necessary action to :

1. Director , MNNIT Allahabad.
2. Chairman Health Care Committee.
3. Faculty Incharge Health Centre.
4. Registrar
5. All Heads / All Dean / P.T.P / All Faculty In-charge / All Officer In-charge / All Section In-charge
6. Chief Warden /All assistant warden Boy's and Girl's.
7. All Notice Boards.
8. System Manager For Upload in College Website.



18/2/15

Dr Shailendra Kumar Mishra

Medical Officer incharge

MNNIT Allahabad