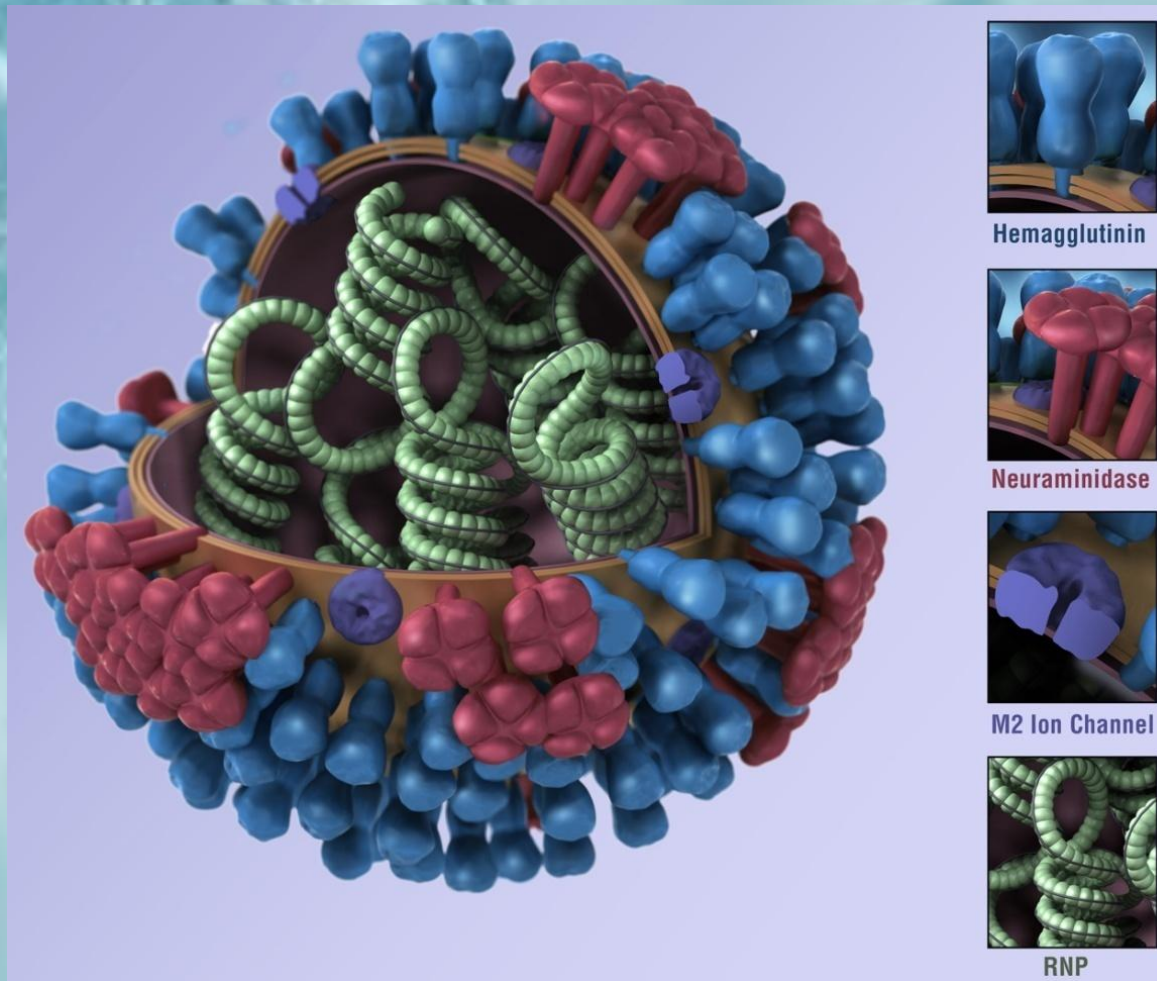




H1N1
SWINE FLU

What is swine flu?

A respiratory disease caused by a strain of the influenza type A virus known as H1N1



The A/H1N1 virus

*An unusual cocktail
of avian, swine and human viruses*



Bird flu

Human flu



Swine flu

Pigs may harbour several flu viruses simultaneously. The pathogens may mix to create a new viral strain



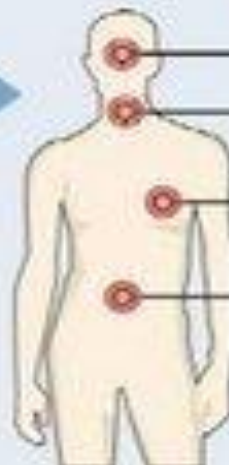
Transmission

Pig to human

*By inhaling viral particles
(there is no risk from eating cooked pork)*



Human to human
By inhaling viral particles

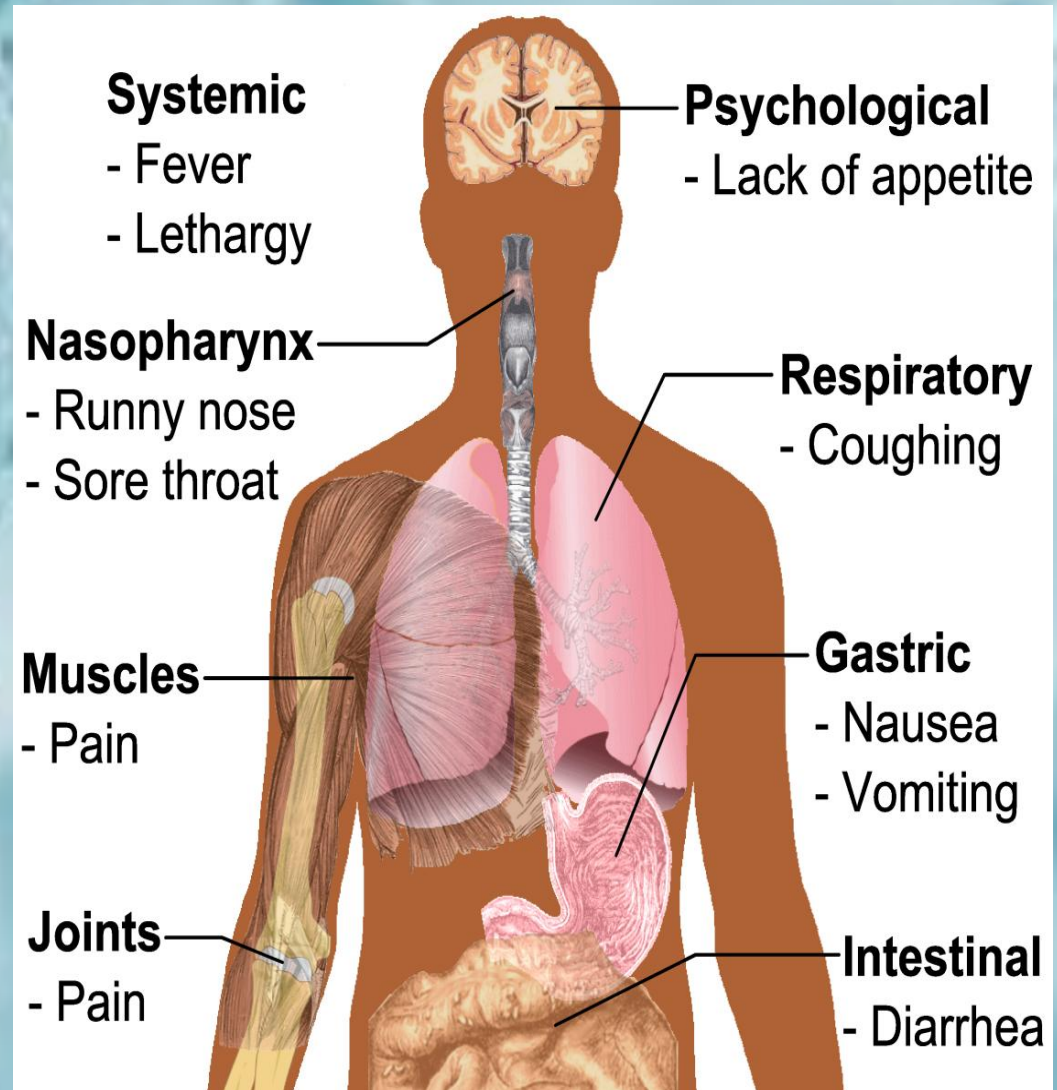


Symptoms

- High fever
- Coughing, sneezing
- Breathing difficulties
- Loss of appetite

Swine flu symptoms similar to those of other flu strains:

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhoea
- Vomiting



Infective Period

- Swine flu symptoms develop about one to three days after exposure to the virus and continue for about seven days.
- Therefore, infected people can spread the virus during this entire period, i.e., even before the symptoms appear

Treatment

- Most cases of flu, including H1N1 flu, require only symptom relief.

The antiviral drugs Oseltamivir and Zanamivir are sometimes prescribed, but usually reserved for people at high risk of complications.



Home Remedies

- Drink plenty of liquids
- Rest
- Consider pain relievers



A microscopic image of a coronavirus particle, characterized by its spherical shape and numerous surface spikes. The image is rendered in a light blue, monochromatic style. The word "Precautions" is overlaid in a dark blue, sans-serif font.

Precautions

1 Avoid close contact with sick people



2 Stay home when you are sick



3 Wash your hands regularly or use an alcohol-based hand cleaner.

WASH HANDS

Be A Germ Buster



**1. WET
HANDS**



**2. WASH
FOR 20
SECONDS**



3. DRY

4. Cough Etiquette: Cover your cough/sneeze



5. Get plenty of sleep, manage stress, be physically active, drink plenty of fluids, eat nutritious food



The Flu Vaccine

the influenza vaccine, which is trivalent in nature, gives protection against H1N1, H3N2 and Influenza B

the vaccine takes at least two weeks to develop immunity and provides about 60-80 per cent protection for about a year

the vaccine is usually recommended for certain at-risk groups



Stop the Spread of Flu **H1N1**



Be A
**GERM
BUSTER**

Compiled by Dr. Asha Pinto, courtesy

<http://www.mayoclinic.org/diseases-conditions/swine-flu/basics/symptoms/con-20034916>

<http://indianexpress.com/article/cities/delhi/centre-recommends-swine-flu-vaccine-for-healthcare-workers/>

<https://www.google.co.in> and Google images