

# Co-operate to prevent the spread of Influenza 'A' H1N1

## PROTECT YOURSELF AND YOUR FAMILY

Swine flu is caused by a virus (Influenza 'A' H1N1). It spreads through air from man to man through coughing and sneezing.

- Symptoms of the disease include fever, cough, sore throat, diarrhoea, vomiting and difficulty in breathing may be present. The patient may be affected while traveling abroad or traveling in that part of the Country where there is an outbreak of the disease or they might have come in contact with the affected person.

- The spread of infection can be prevented by:

- >> Keeping safe distance from the affected persons.
- >> Distancing a person with influenza like symptoms from others.
- >> Maintaining proper hygiene and respiratory etiquette
- >> Seeking medical intervention.

- Remember, seasonal human influenza having similar symptoms is prevalent during this time. So, the persons having symptoms may not be a patient of Influenza A (H1N1). In most cases the infection may not be severe. You can be cured by maintaining proper hygiene and timely medical intervention.

Do's	Don'ts
<ul style="list-style-type: none"><li>• Keep safe distance from the persons with influenza like symptoms.</li><li>• Cover your nose and mouth with a handkerchief while coughing or sneezing.</li><li>• Wash your hands frequently with soap and water, particularly before and after touching your nose and mouth.</li><li>• Drink plenty of water and have nutritious food (Green vegetables and Vitamin enriched food).</li><li>• Consult Doctor in case you have fever, cough and cold.</li><li>• Carry on with your daily activities.</li></ul>	<ul style="list-style-type: none"><li>• Don't go to crowded places.</li><li>• Avoid close contact with the people who might be ill.</li><li>• Don't send students to Schools and Colleges if they are suffering from influenza like symptoms.</li><li>• Avoid going abroad or visiting the affected States of the Country.</li><li>• Don't spread rumour. Do not panic.</li></ul>

Some patients have unfortunately succumbed to this disease. Yet, we know that the chance of death from this disease is very low. According to the Bulletin of the World Health Organization (12<sup>th</sup> August, 2009), 177457 persons have been identified to be affected with the disease and 1462 persons have died (mortality rate is 0.8%). So the chance of death is less than 1%.

## So, Be Alert and Do Not Panic

The Doctor will decide whose throat swab test will be taken.

### Cooperate with Govt./ Private Doctors, Health Workers.

Please Never Forget : Together we can combat and prevent the disease by remaining alert and maintaining proper hygiene

#### 1. Contact at necessity

Public Health Section, Department of Health & Family Welfare, Govt. of West Bengal.  
Help Line Number :- 1097 / 23330188

#### 2. In Districts

- >> The Chief Medical Officers of Health
- >> The Dy. Chief Medical Officers of Health-II
- >> The M.S.V.P. of the Medical College & Superintendents of the Hospitals

#### 3. Look out at the updates

Website : [www.wbhealth.gov.in](http://www.wbhealth.gov.in)

**Department of Health & Family Welfare  
Government of West Bengal**