

## PANDEMIC INFLUENZA A H1N1(Swine Flu)

**Symptoms of the disease:** **FEVER** with Cough , Sore Throat , Runny or stuffy nose with Difficulty in breathing

**Other symptoms may include:** Body Aches, Headache, Fatigue, Chills, Diarrhoea, Vomiting, Blood in sputum

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old and pregnant women may be at higher risk for severe illness.

### **Do's & Dont's:**

#### **DO**

- Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze.
- Wash your hands often with soap and water or use an alcohol based hand gel.
- Avoid touching your eyes, nose or mouth.
- Avoid crowded places
- Stay more than an arm's length from persons afflicted with flu
- Get plenty of sleep
- Drink plenty of water and eat nutritious food



The poster features a light blue background with a red banner at the bottom. In the top left corner is the logo for the National Rural Health Mission, Health Department, Chandigarh. In the top right corner is the logo for IDSP Chandigarh. The central text reads 'H1N1 FLU IS CURABLE DO NOT PANIC! EASY WAYS TO PROTECT YOUR FAMILY FROM THE H1N1 FLU (SWINE FLU)'. Below this, four panels illustrate key prevention methods: covering the mouth and nose, staying away from public places, washing hands with soap, and watching for early warning signs. The bottom section lists three warning signs: constant high fever, difficulty in breathing, cough with traces of blood, disoriented behaviour, and purplish or blue color change of lips and skin. The bottom red banner provides contact information for the State Surveillance Unit-IDSP Directorate of Health and Family Welfare, Integrated Disease Surveillance Project, Chandigarh.

**NATIONAL RURAL HEALTH MISSION**  
HEALTH DEPARTMENT  
CHANDIGARH

**H1N1**  
**FLU IS CURABLE**  
**DO NOT PANIC !**

**EASY WAYS**  
**TO PROTECT YOUR FAMILY FROM THE H1N1 FLU (SWINE FLU).**

**STOP THE INFECTION  
BE THE HERO!**

**COVER YOUR MOUTH AND NOSE WHILE COUGHING AND SNEEZING WITH A HANKIE OR CLOTH**

**STAY AWAY FROM PUBLIC PLACES AND VISIT A HEALTH SCREENING CENTRE OR A DOCTOR IF YOU HAVE FEVER, COUGH AND SORE THROAT. STAY AT HOME TILL YOU HAVE FULLY RECOVERED OR AS ADVISED BY THE DOCTOR**

**WASH YOUR HANDS WITH SOAP FREQUENTLY BEFORE AND AFTER TOUCHING YOUR NOSE, EYES OR MOUTH**

**KEEP A CLOSE WATCH FOR THE FOLLOWING EARLY WARNING SIGNS AND VISIT A DESIGNATED HOSPITAL, IF YOU HAVE:**

**• CONSTANT HIGH FEVER • DIFFICULTY IN BREATHING**  
**• COUGH WITH TRACES OF BLOOD • DISORIENTED BEHAVIOUR**  
**• PURPLISH OR BLUE COLOUR CHANGE OF LIPS AND SKIN**

**CONTACT**  
STATE SURVEILLANCE UNIT-IDSP DIRECTORATE OF HEALTH AND FAMILY WELFARE,  
INTEGRATED DISEASE SURVEILLANCE PROJECT, CHANDIGARH OR CALL : 0172-2740408, 0172-2782457

**DO NOT:**

- Shake hands or hug in greeting
- Spit in public
- Take medicines without consulting a physician

**IF YOU THINK YOU HAVE H1N1 FLU:**

- Visit the nearest H1N1 Screening Centre in Chandigarh (GMSH Sector 16, PGIMER Sector 12, GMCH Sector 32) or Contact 0172-2740408 for assistance
- Stay at home, if advised by the doctor.
- Do not travel or go to work or school.
- Avoid close contact with others for 7 days after your symptoms begin or until you have been
- Symptom-free for 24 hours whichever is longer.
- Report to nearest identified health facility if symptoms aggravate (high fever, difficulty in breathing, blue colour of the skin or lips, blood in sputum or altered behaviour. Small children may be irritable, do not take fluids and refuse to accept feeds.
- [Fact Sheet of H1N1](#)