

PROTECT YOURSELF AND YOUR FAMILY FROM **SWINE FLU**



Swine Influenza virus (H1N1) is causing an epidemic among humans in Mexico and has spread to neighbouring United States and Canada. Some suspected cases are now being reported from Europe and other countries.

Swine flu is transmitted from human-to-human by infected particles in the air and is not transmitted by pigs.

Swine Influenza has not affected India. Do not panic!

Necessary medicines are available and measures are being taken to limit the entry of the disease in India.

Symptoms

Swine flu symptoms include fever, cough, sore throat, diarrhea, vomiting and difficulty in breathing.



If you detect such cases in your family or neighbourhood with history of travel to affected countries in last 10 days, immediately contact: _____



**Outbreak Monitoring Cell,
National Institute of
Communicable Diseases
or call 011-23921401.**

- DO'S**
- Cover your mouth and nose with a handkerchief or tissue while coughing or sneezing.
 - Wash your hands frequently and thoroughly with soap and water, before and after touching your nose, eyes or mouth.
 - Avoid crowded places.
 - Keep at least an arm's distance from people affected with symptoms of influenza like cough, running nose, sneezing and fever.
 - Sleep well, stay physically active and effectively manage stress.
 - Drink plenty of water and eat nutritious food.

- DONT'S**
- Shake hands, hug and kiss socially, or use other contact greetings.
 - Take medicines without consulting the physician.

Seek advice if affected

- Do not sneeze or cough directly into bare hands. Cover your mouth and nose with a handkerchief or tissue while coughing or sneezing.
- Stay at home and limit your contact with people.
- Take rest and consume plenty of fluid.
- Seek medical advice, if necessary.