

Swine flu Alert

In the light of recent outbreak of swine flu in the region and city, following guidelines are being issued to create awareness about the disease:

Swine flu or swine influenza is a viral disease known to be generally caused by the subtypes of influenza A virus, mainly H1N1 virus. It is endemic in pigs and highly contagious, especially during the first five days of infection and may remain contagious up to ten days in some cases.

Causes:

- Contact with droplets from person sneezing or coughing

Symptoms: Similar to most influenza infections

- High fever (>100°F)
- Chills
- Cough
- Nasal secretion
- Fatigue/ muscle pain
- Headache

May be accompanied by:

- Vomiting
- Diarrhoea
- Rashes

*Note: People with respiratory diseases/ disorders should be more careful as they may be highly susceptible to H1N1 virus.

Precautions / "Do's and Don'ts"

- Wash hands frequently, especially before eating
- Carry alcohol based hand sanitizer
- Cover mouth while sneezing or coughing, and immediately wash hands hereafter
- Avoid contacts in large crowds
- Avoid using public facilities
- Maintain personal hygiene, especially in toilets
- Thoroughly wash fruit, etc before eating

The institute appeals the students to not panic if they encounter any such symptoms around them. In case of even the slightest doubt of any such above mentioned symptoms, immediately consult experts at the Health Care facility of the Institute. The doctors are always available. Your cooperation in helping to prevent this disease from spreading will be highly appreciated.

Till then, take precautions and remain safe and healthy...