

# SWINE FLU



## INTRODUCTION AND EPIDEMIOLOGY

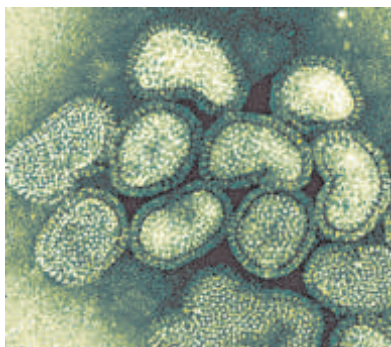
Swine influenza is a highly contagious respiratory disease of pigs caused by one of several swine influenza A viruses. Outbreaks are common in pigs year-round, but infection in humans historically is a result of close contact with infected animals. This current virus is a novel influenza A virus, more properly termed a new subtype of influenza A (H1N1) that was not previously detected in swine or humans. More important is that this new strain appears to be spread by human-to-human transmission.

In 2009, cases of influenza like illness were first reported in Mexico on March 18; the outbreak was subsequently confirmed as swine influenza A.



## What Is the Clinical Presentation of Swine Flu?

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Diarrhea and vomiting (possible)



The duration of illness is typically 4-6 days. The infectious period for a confirmed case is defined as 1 day prior to the onset of symptoms to 7 days after onset.

In children, signs of severe disease include apnea, tachypnea, dyspnea, cyanosis, dehydration, altered mental status, and extreme irritability.

## How the swine flu spreads?

The swine flu strain is supposed to be very virulent and human to human transmission is possible through sneezing and coughing in crowded places.

## What Is the Range of Illness Severity Seen With Swine Flu?

Many cases of swine flu may be mild or even asymptomatic. However pneumonia, respiratory failure, and acute respiratory distress syndrome have been reported.

## For How Long Is Swine Flu Contagious?

Persons with swine flu are considered infectious for 1 day before onset of the illness to 7 days after the onset.

### How is swine flu diagnosed ?

Nasal pharyngeal aspirate or nasal wash aspirate samples are taken. (Swabs with cotton tips and wooden shafts are not recommended) if swine flu is suspected. The two laboratories, National Institute of Virology, Pune and National Institute of Communicable Diseases, New Delhi have been identified for diagnostic testing (RT-PCR). Samples sent through public health system only are tested.

### How Can Swine Flu Be Treated?

Drugs available are Oseltamivir (Tamiflu), and Zanamivir

### Do's and Dont's in Swine flu

- Avoid traveling if possible, if absolutely necessary, try to be away from persons sneezing or coughing
- Avoid large and crowded gatherings.
- If you are coughing or sneezing use handkerchief to cover your mouth and nose. Preferably remain at home if you are acutely sick.
- Wash your hands thoroughly with soap and water. Alcohol based rubs can also be used
- Eat healthy nutritious food and exercise regularly.



### Indian Scenario

All suspected cases and the travelers coming from the affected regions are being quarantined at the airports itself. Any patient with a history of recent travel and with suspected flu-like symptoms need to be referred to Kasturbha Hospital, Mahalaxmi.

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