Resource Material on Management of Disasters

Swine Flu



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18135 – SWINE FLU **ISBN 978-93-5007-337-7**

About the Series

A disaster is an event caused by the sudden disruption of normalcy within society resulting into widespread damage to life and property. Sometimes we also face accidents that are so serious that they have a long term effect on life and property. To avoid such accidents we need to be cautious in our day-to-day activities.

In this series, an attempt has been made to raise awareness in order to handle these disastrous situations effectively so as to minimise losses.

This series comprises of ten booklets covering different areas such as earthquake, landslide, tsunami, flood, drought, fire and stampede, chemical hazards, epidemics like swine flu, malaria and dengue, food poisoning and cholera. You will notice that the topics selected here do not include all the issues related to disaster. These are only illustrative cases. This is because the idea is to impart necessary information to develop skills to enable people to prevent disasters or to reduce their impact by efficient handling of such situations.

Simple and communicative language has been used in the entire series so that children in the age group of 10–16 years can understand it effectively. We hope that the readers will benefit from this material and have confidence to handle such kind of situations proving to be smart and responsible citizens.

It is suggested that the teachers and facilitators use this series as an example to develop related material for school projects. The teachers could also share these projects and hold awareness programmes for the community with an aim to initiate continuous participation when such situations arise.

The Council also welcomes the suggestions from the users of this material.

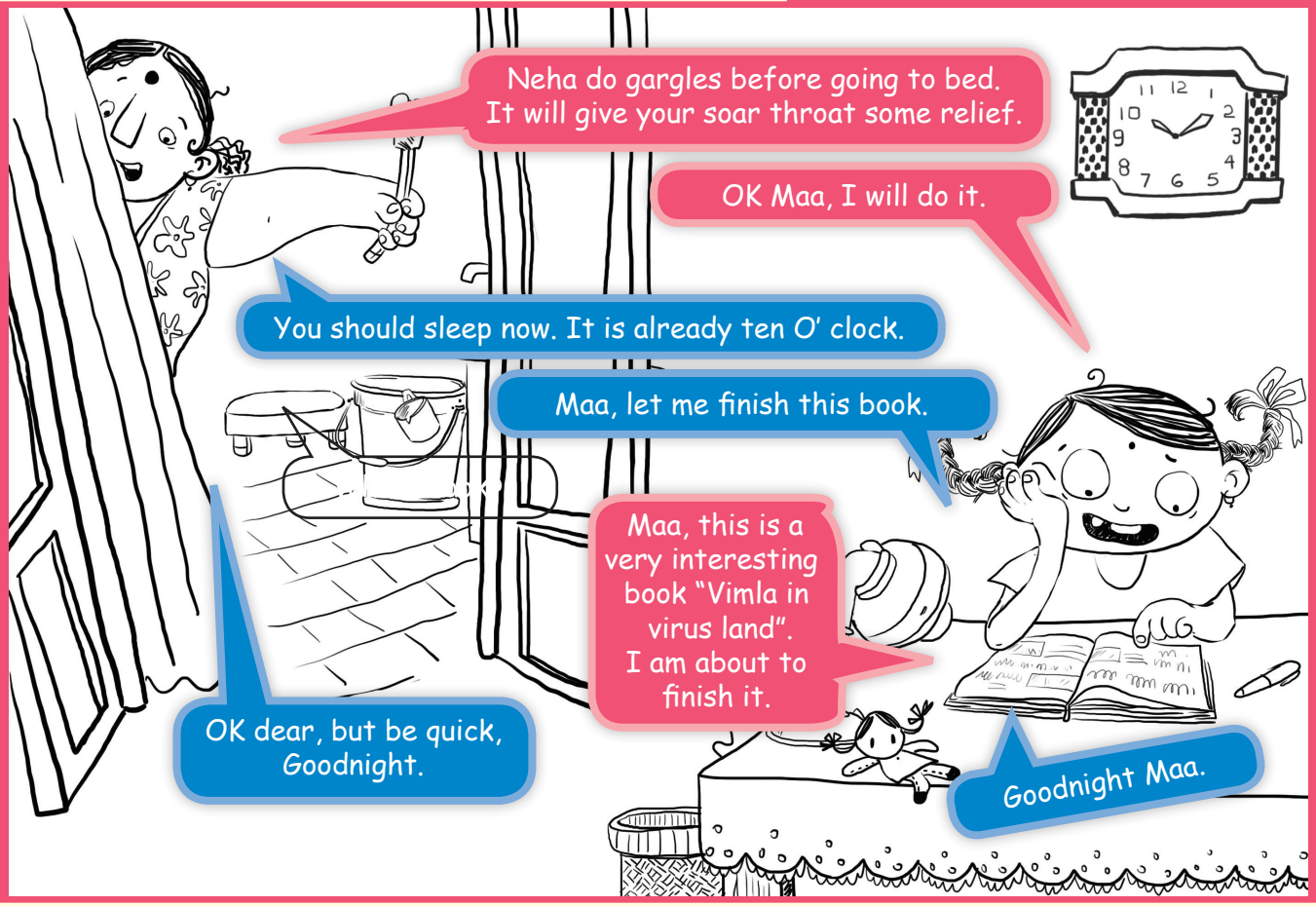
Swine Flu





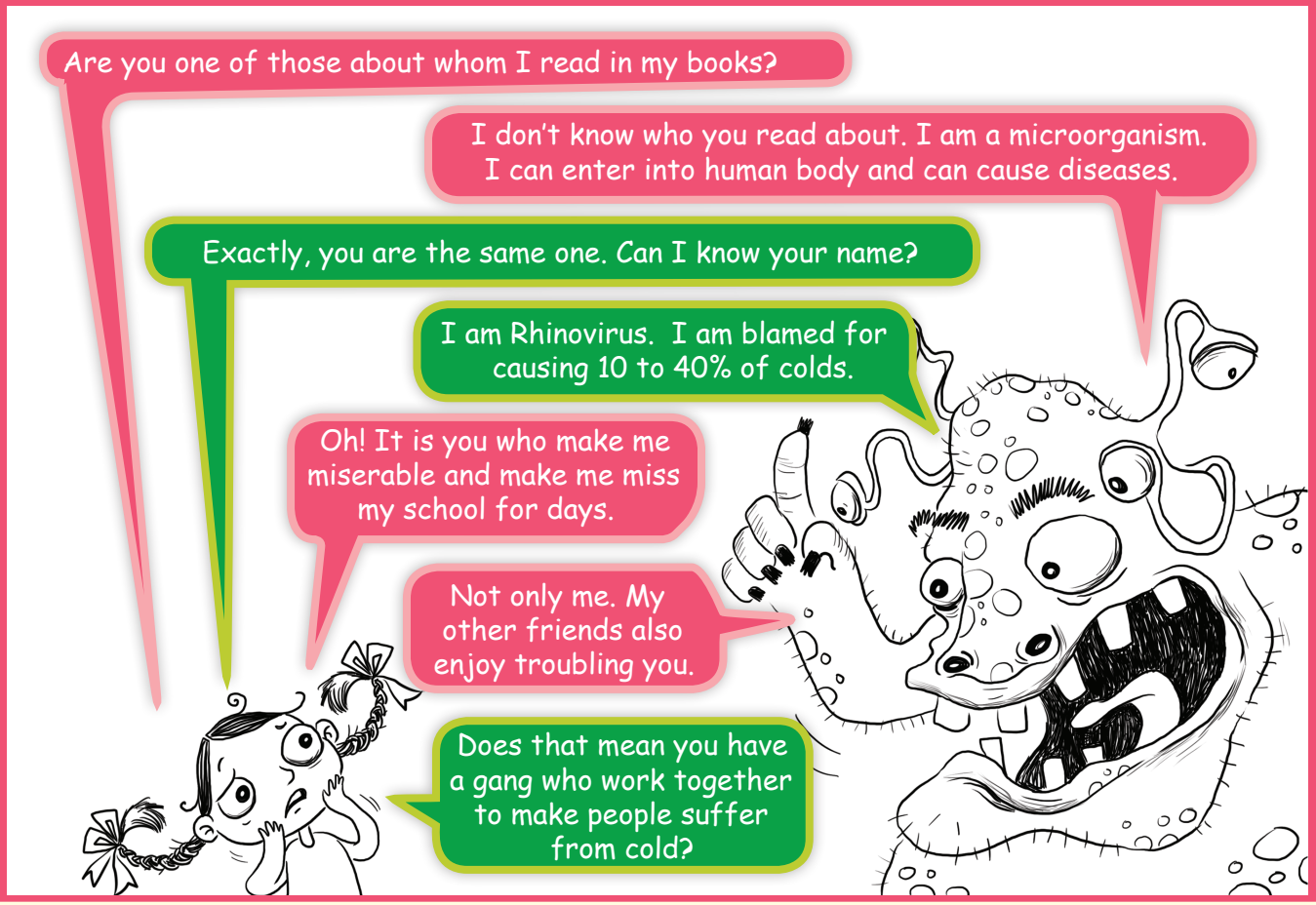


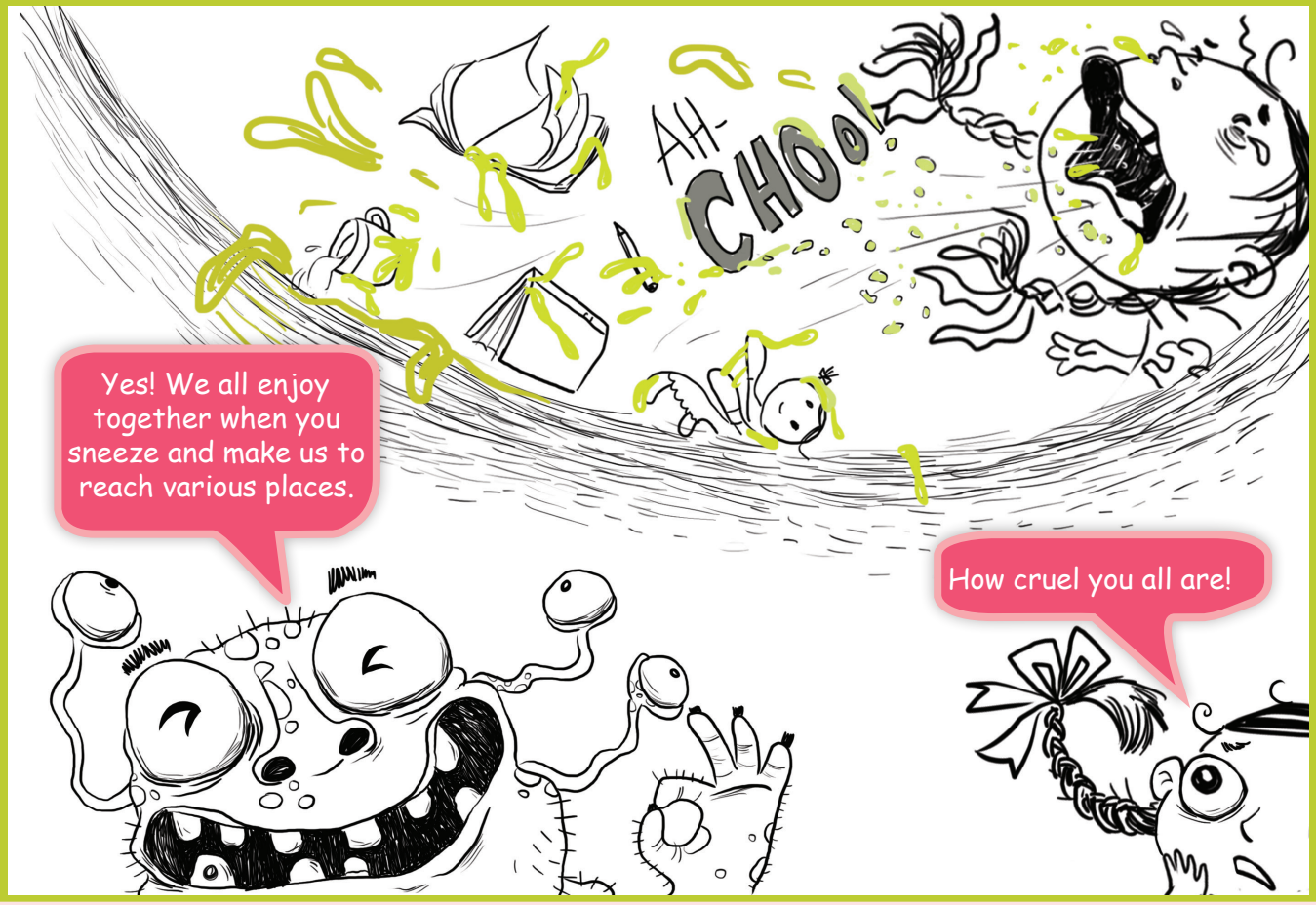
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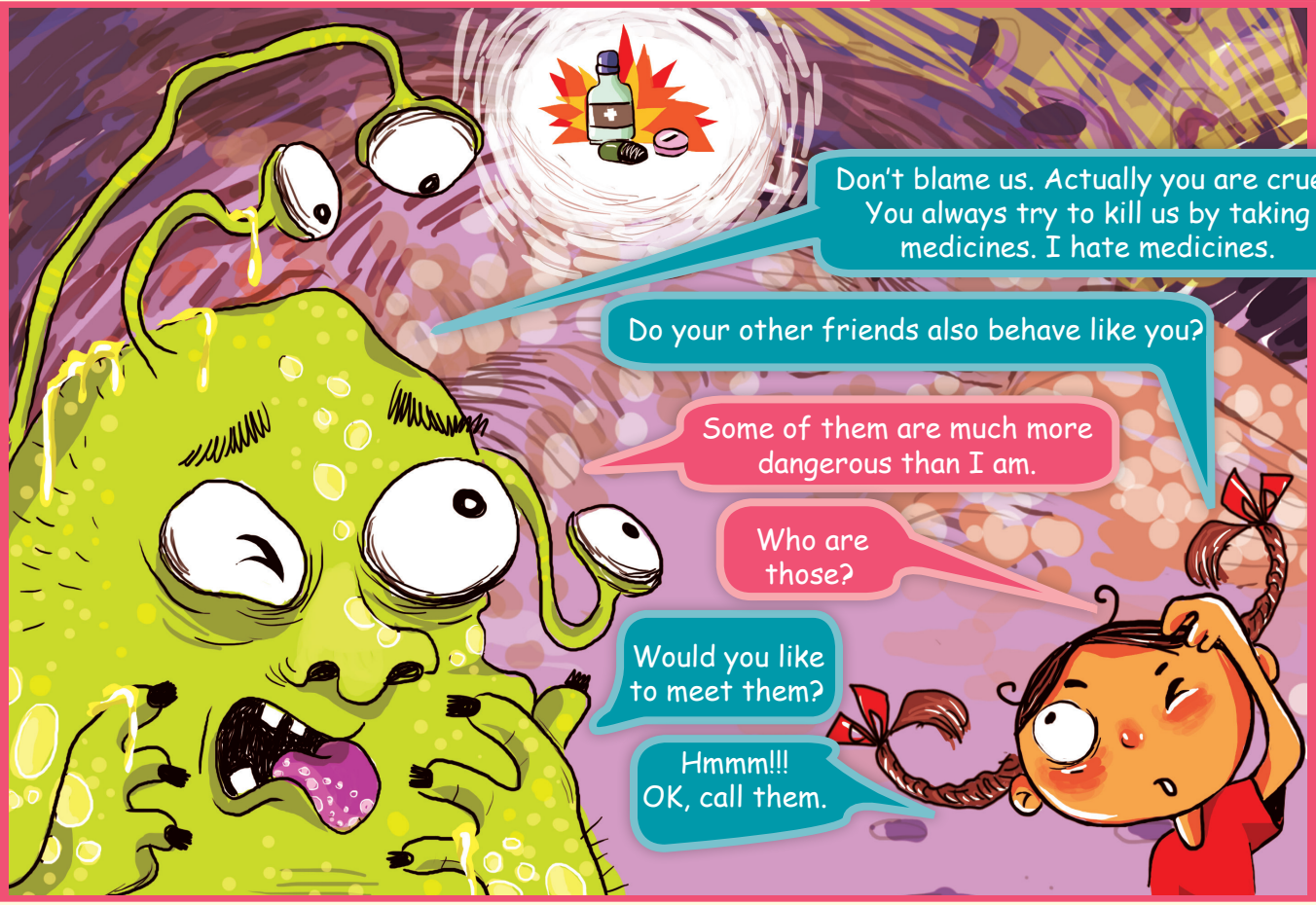

Neha do gargles before going to bed. It will give your soar throat some relief.
OK Maa, I will do it.
You should sleep now. It is already ten O' clock.
Maa, let me finish this book.
Maa, this is a very interesting book "Vimla in virus land". I am about to finish it.
OK dear, but be quick, Goodnight.
Goodnight Maa.

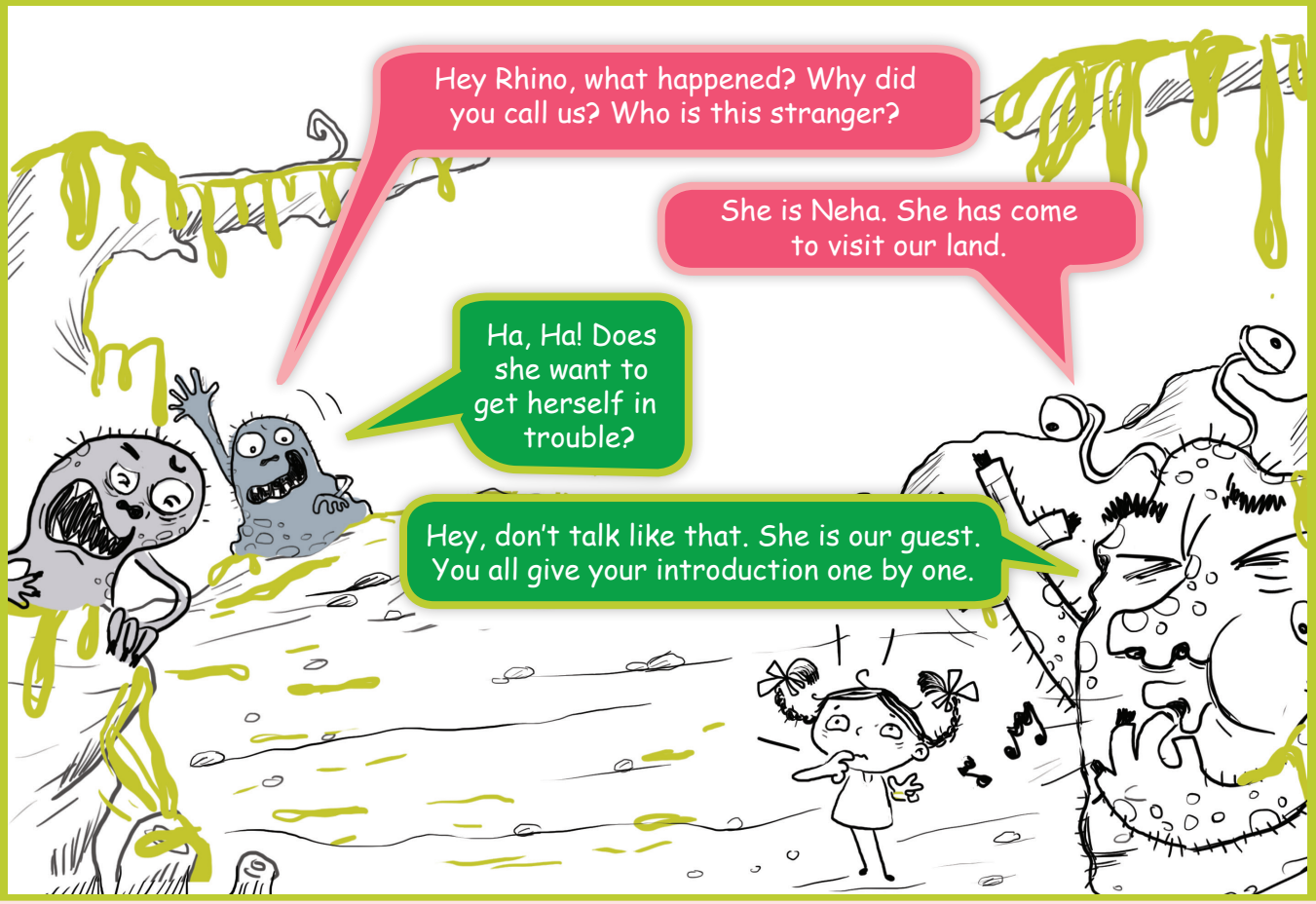
Neha finds herself in the Virus Land of her book ...



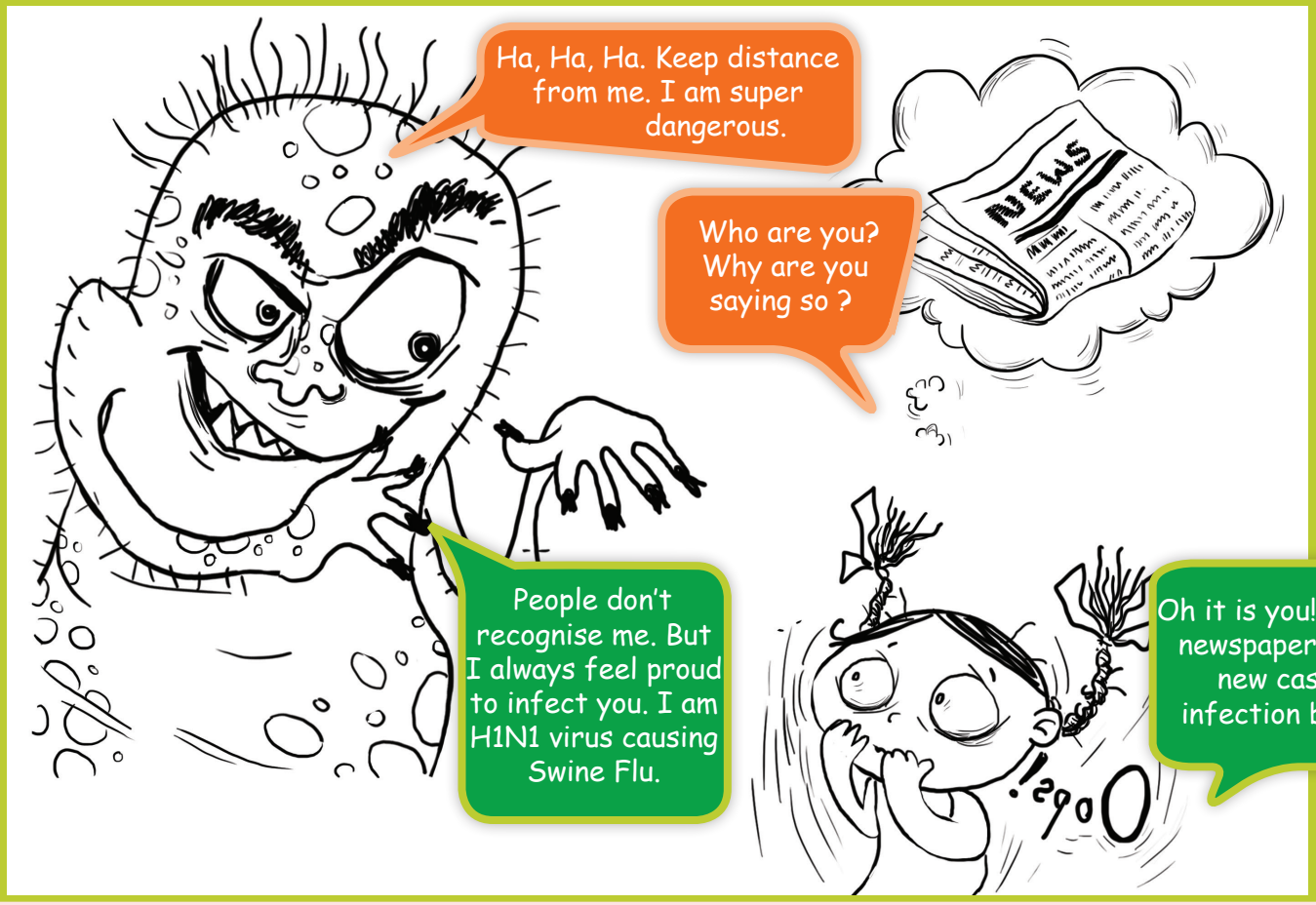

Are you one of those about whom I read in my books?
I don't know who you read about. I am a microorganism. I can enter into human body and can cause diseases.
Exactly, you are the same one. Can I know your name?
I am Rhinovirus. I am blamed for causing 10 to 40% of colds.
Oh! It is you who make me miserable and make me miss my school for days.
Not only me. My other friends also enjoy troubling you.
Does that mean you have a gang who work together to make people suffer from cold?


AH-
CHOO!
Yes! We all enjoy together when you sneeze and make us to reach various places.
How cruel you all are!


Don't blame us. Actually you are cruel. You always try to kill us by taking medicines. I hate medicines.
Do your other friends also behave like you?
Some of them are much more dangerous than I am.
Who are those?
Would you like to meet them?
Hmmm!!! OK, call them.


Hey Rhino, what happened? Why did you call us? Who is this stranger?
She is Neha. She has come to visit our land.
Ha, Ha! Does she want to get herself in trouble?
Hey, don't talk like that. She is our guest. You all give your introduction one by one.


Hello, I am Influenza Virus.
Oh! I know about you. You make people sick with nausea, vomitting, headache and so many other sufferings.
Wow, I am so popular. Don't you think I am more powerful than Rhino?


Ha, Ha, Ha. Keep distance from me. I am super dangerous.
Who are you? Why are you saying so ?
NEWS
People don't recognise me. But I always feel proud to infect you. I am H1N1 virus causing Swine Flu.
Oh it is you! Everyday newspapers report new cases of infection by you!!

249 Swine Flu deaths in India this year

All India | Indo-Asian News Service | Updated: February 25, 2013

New Delhi: As many as 249 people have died of Swine Flu in India so far this year with the highest toll reported from Rajasthan, the Health Ministry said on Monday, a total of 2,148 people have tested positive for the Influenza A (H1N1) virus in nine states across the country with the highest 759 cases reported from Delhi followed byRajasthan (549) and Haryana (294).

Source: http://www.ndtv.com/article/india/249-swine-flu-deaths-in-india-this-year-335402

North India under grip of Swine Flu, over 1200 cases reported in Delhi

All India | Edited by Amit Chaturvedi | Updated: March 12, 2013 15:02 I NDTV NEWS

New Delhi: Most parts of north India are under the grip of Swine Flu. A prolonged winter has increased the instances of the infection in many states, with Delhi being the worst affected with over 1200 cases of Swine Flu. 16 deaths have been reported in the national capital because of Swine Flu.

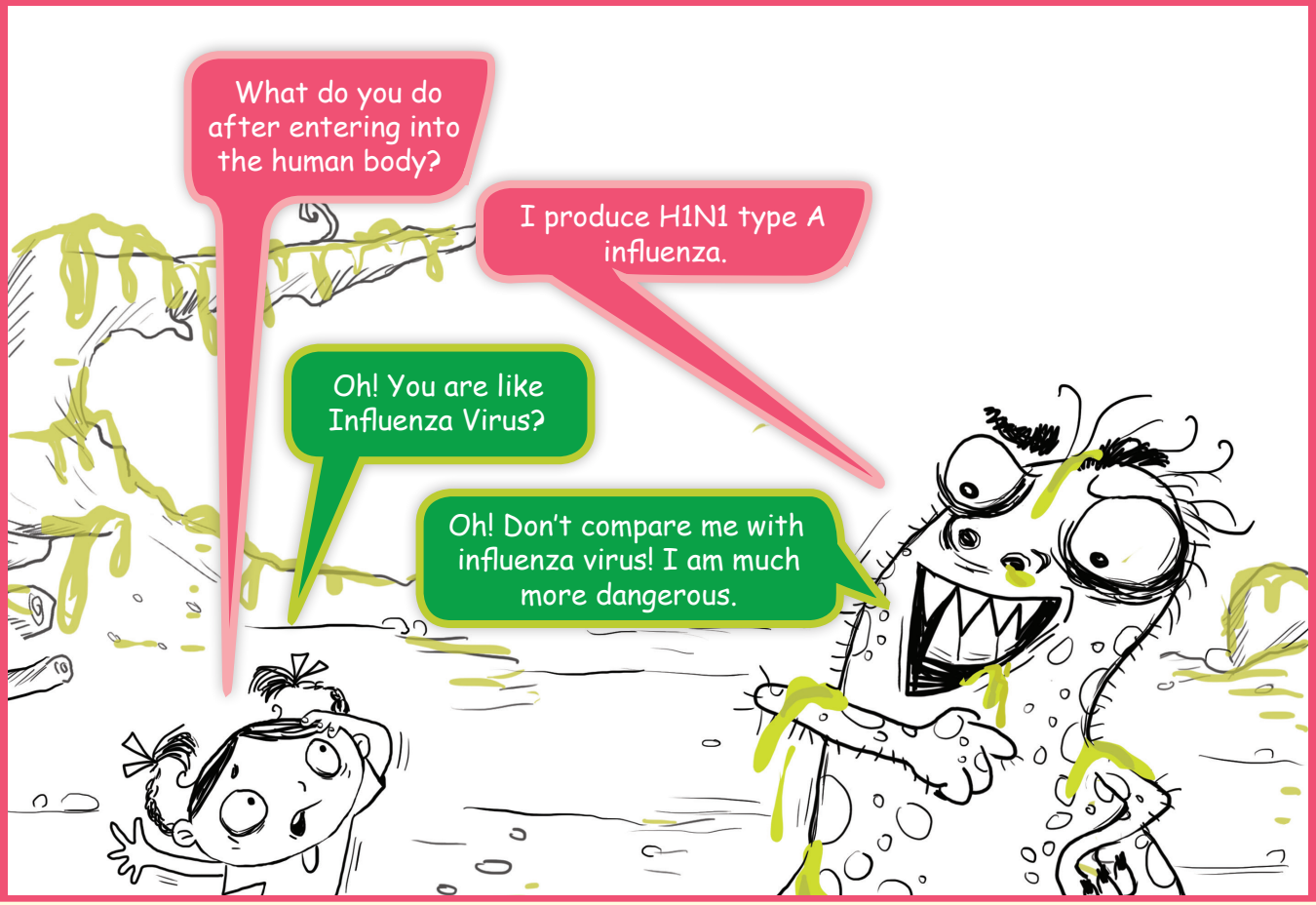
Source: http://www.ndtv.com/article/india/north-india-under-grip-of-swine-flu-over-1200-cases-reported-in-delhi-341425

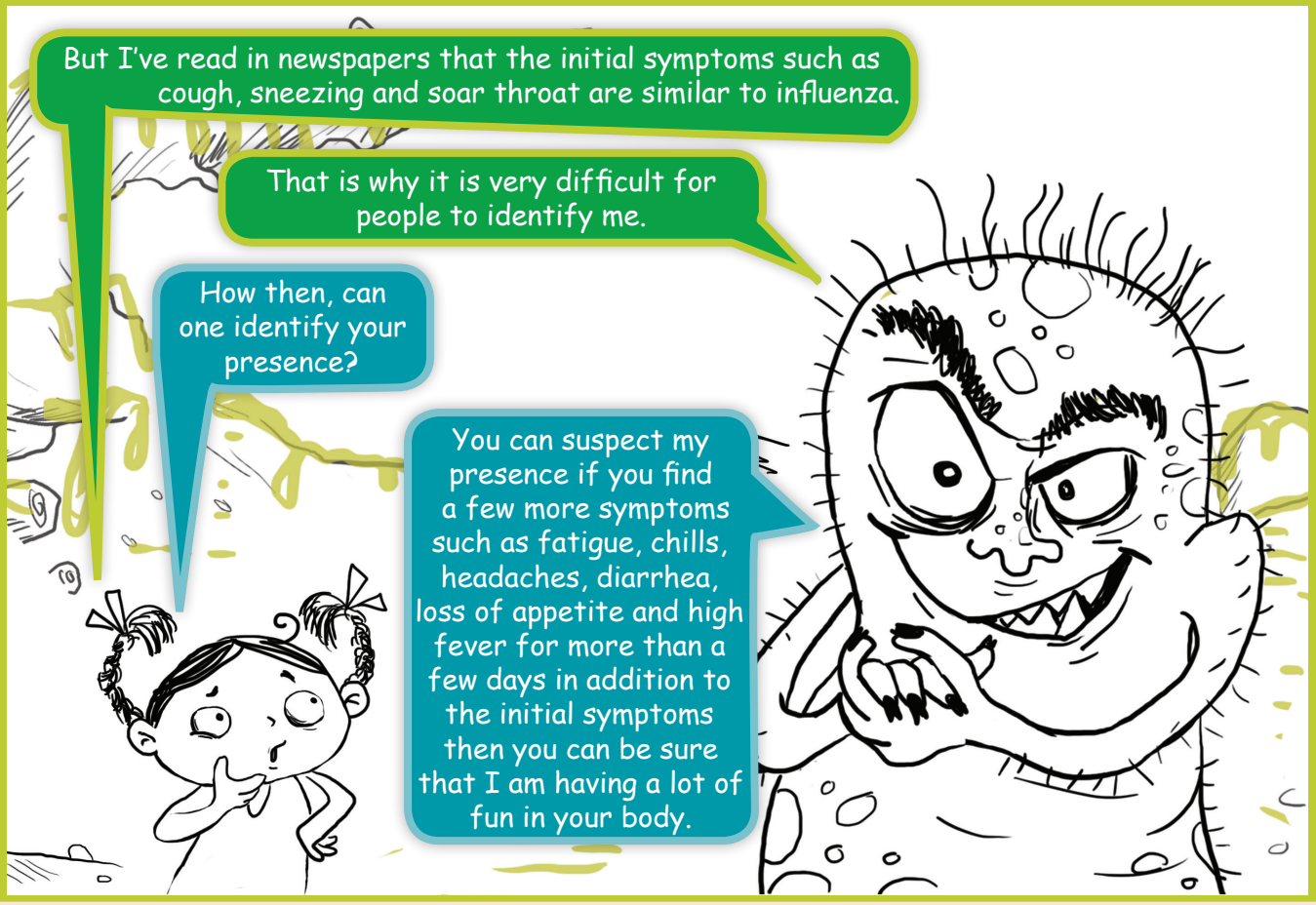
More deaths, cases of Swine Flu in 2013; virus still prevalent

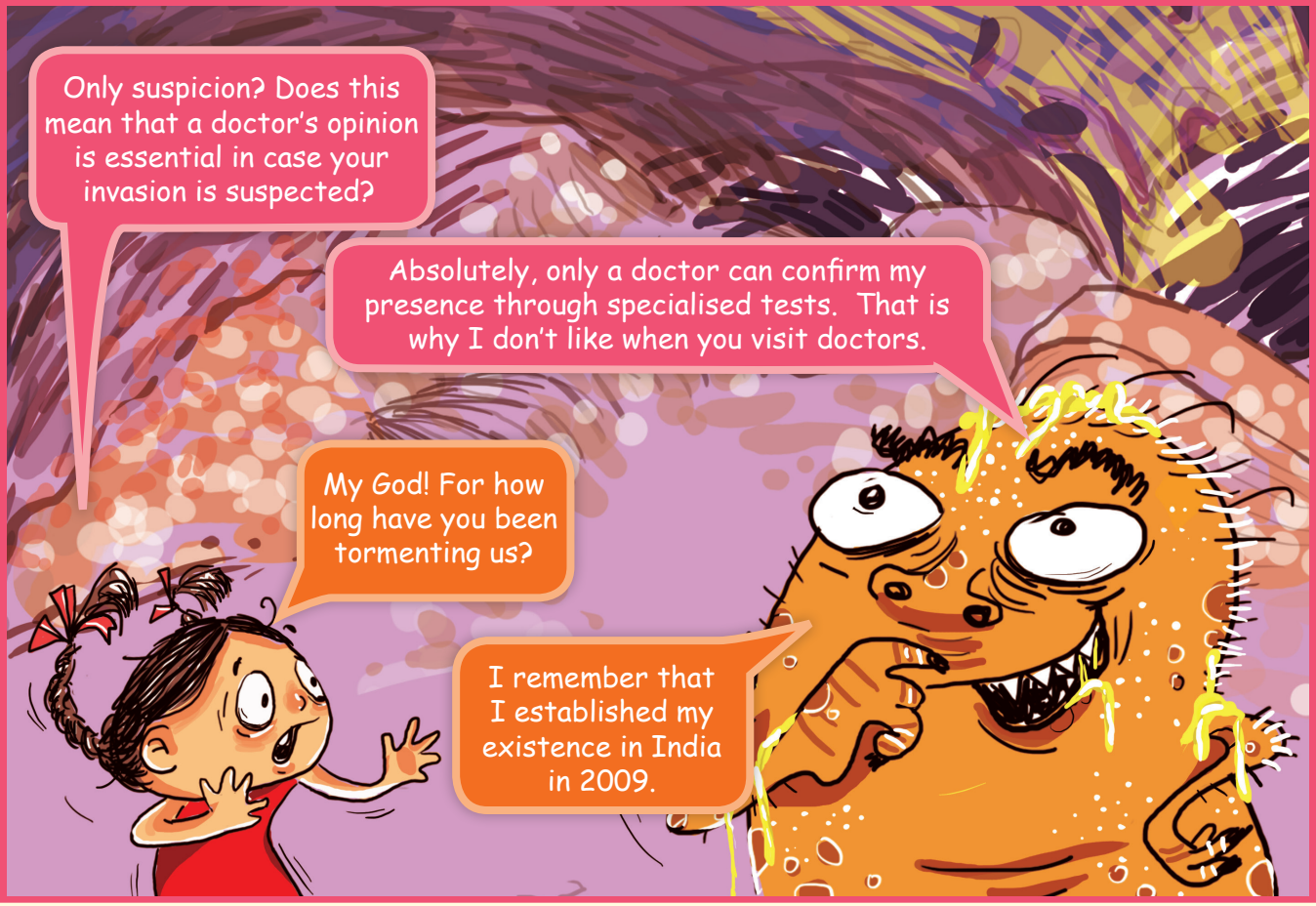
Umesh Isalkar, TNN | Dec 29, 2013, 01.16 AM IST

PUNE: Experts may suggest that the H1N1 virus has become endemic, but the infection has emerged as the biggest killer in the state this year ahead of dengue.


These days I am in full swing.
How do you enter the human body?
People transmit me from one person to another through air, touch or sharing things used by infected persons.


What do you do after entering into the human body?
I produce H1N1 type A influenza.
Oh! You are like Influenza Virus?
Oh! Don't compare me with influenza virus! I am much more dangerous.


But I've read in newspapers that the initial symptoms such as cough, sneezing and soar throat are similar to influenza.
That is why it is very difficult for people to identify me.
How then, can one identify your presence?
You can suspect my presence if you find a few more symptoms such as fatigue, chills, headaches, diarrhea, loss of appetite and high fever for more than a few days in addition to the initial symptoms then you can be sure that I am having a lot of fun in your body.


Only suspicion? Does this mean that a doctor's opinion is essential in case your invasion is suspected?
Absolutely, only a doctor can confirm my presence through specialised tests. That is why I don't like when you visit doctors.
My God! For how long have you been tormenting us?
I remember that I established my existence in India in 2009.

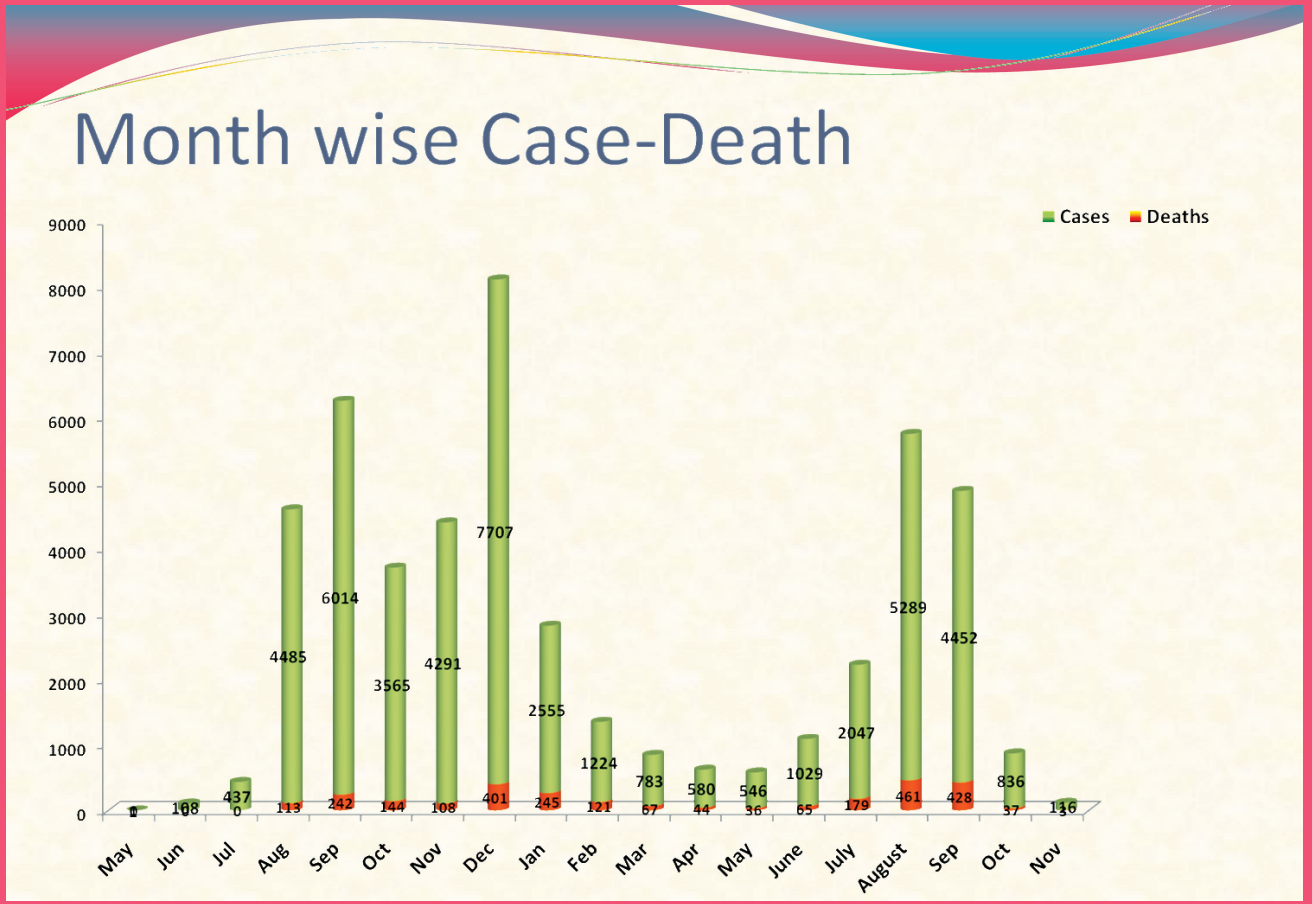
Swine Flu: Lucknow schools not to hold morning assemblies
PTI Lucknow, September 2, 2009 | UPDATED 13:28 IST

After some students of a private school in Lucknow tested positive for Swine Flu, the district administration has directed educational institutions not to hold morning assemblies.

Read more at: http://indiatoday.intoday.in/story/Swine+Flu:+Lucknow+schools+not+to+hold+morning+assemblies/1/59733.html

The Swine Flu attack was the worst in 2009 when more than 980 people died and over 27,000 people tested positive. While this year has been better so far, doctors have a simple advice: do not ignore symptoms like breathlessness, high fever or sore throat.

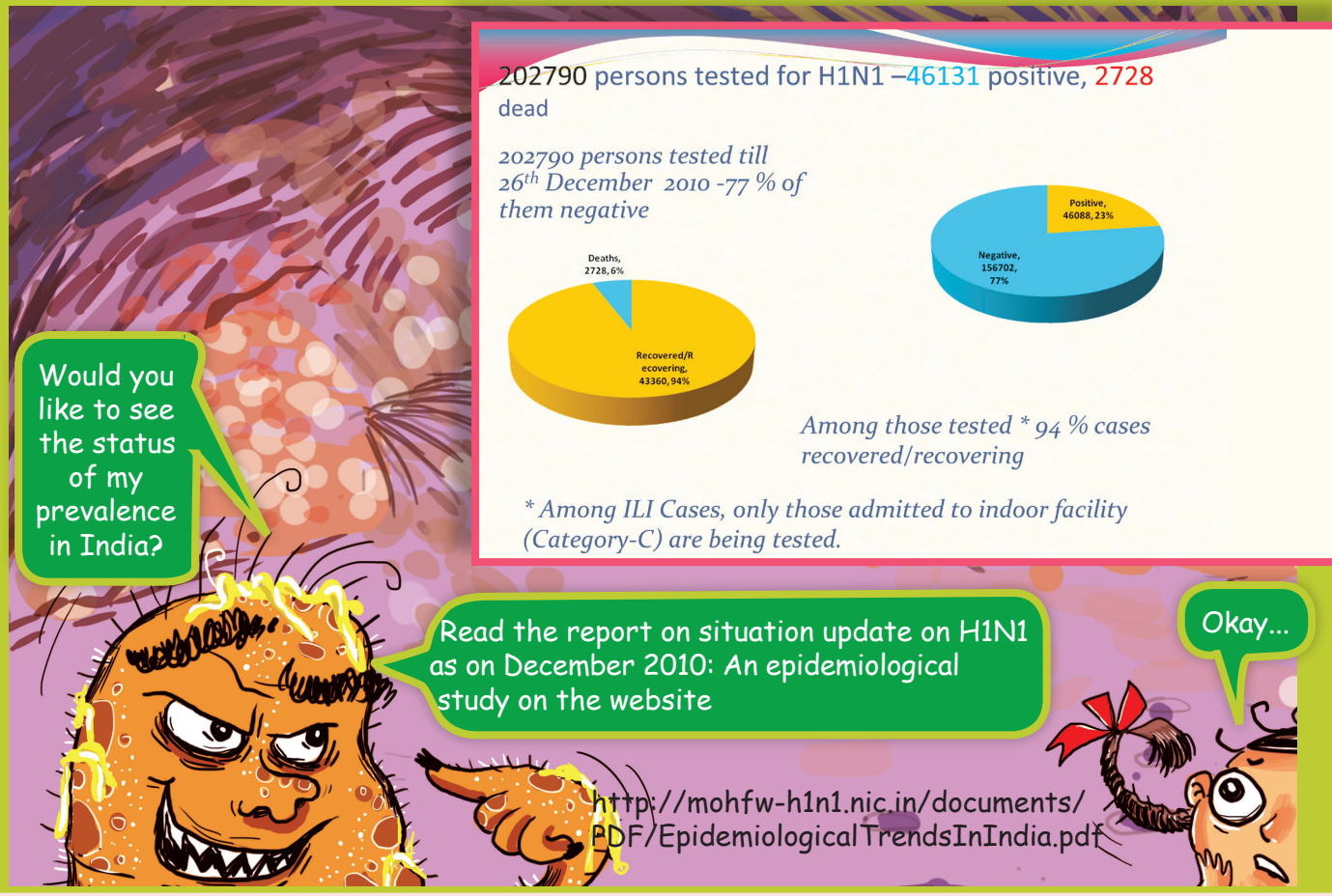
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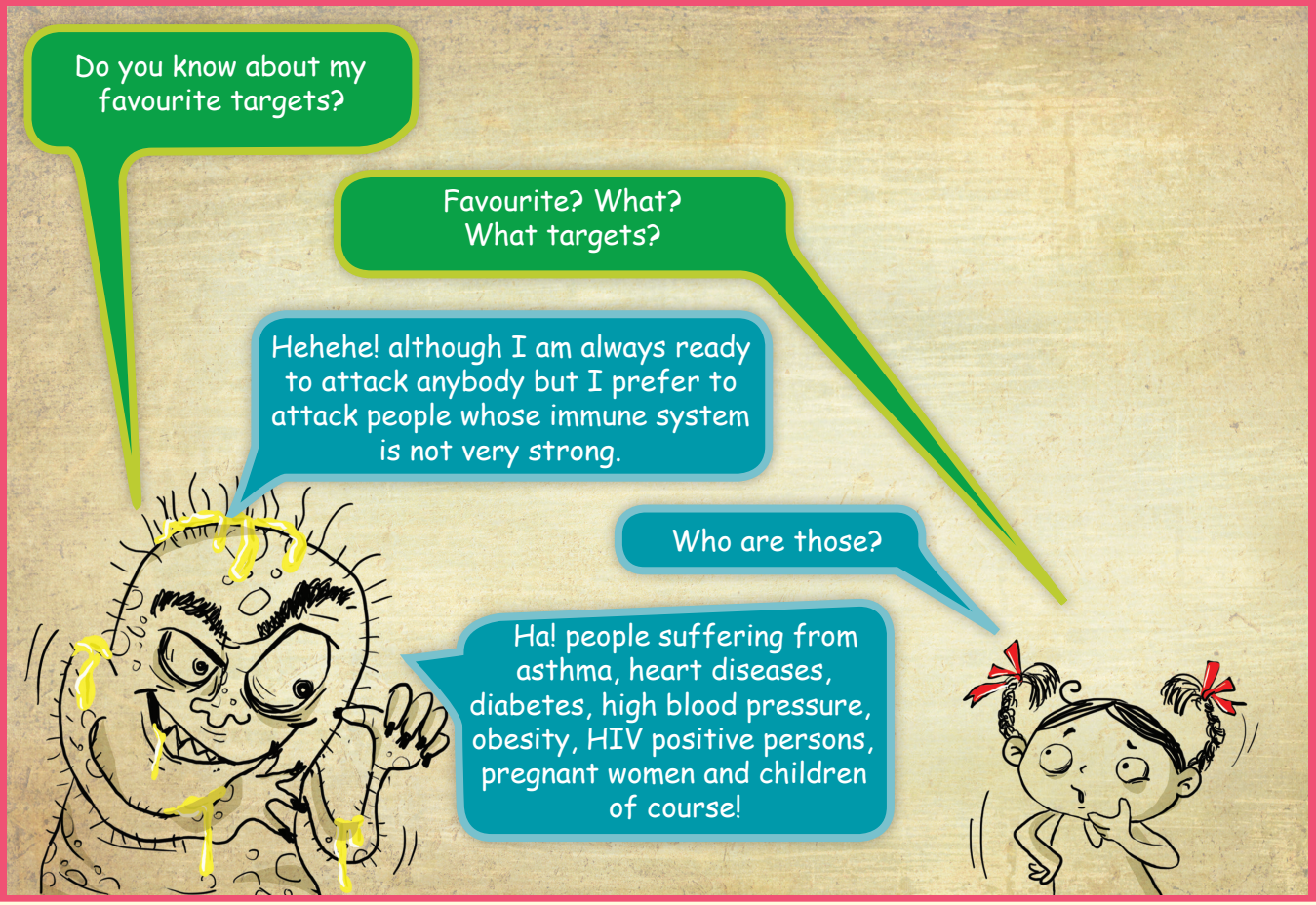


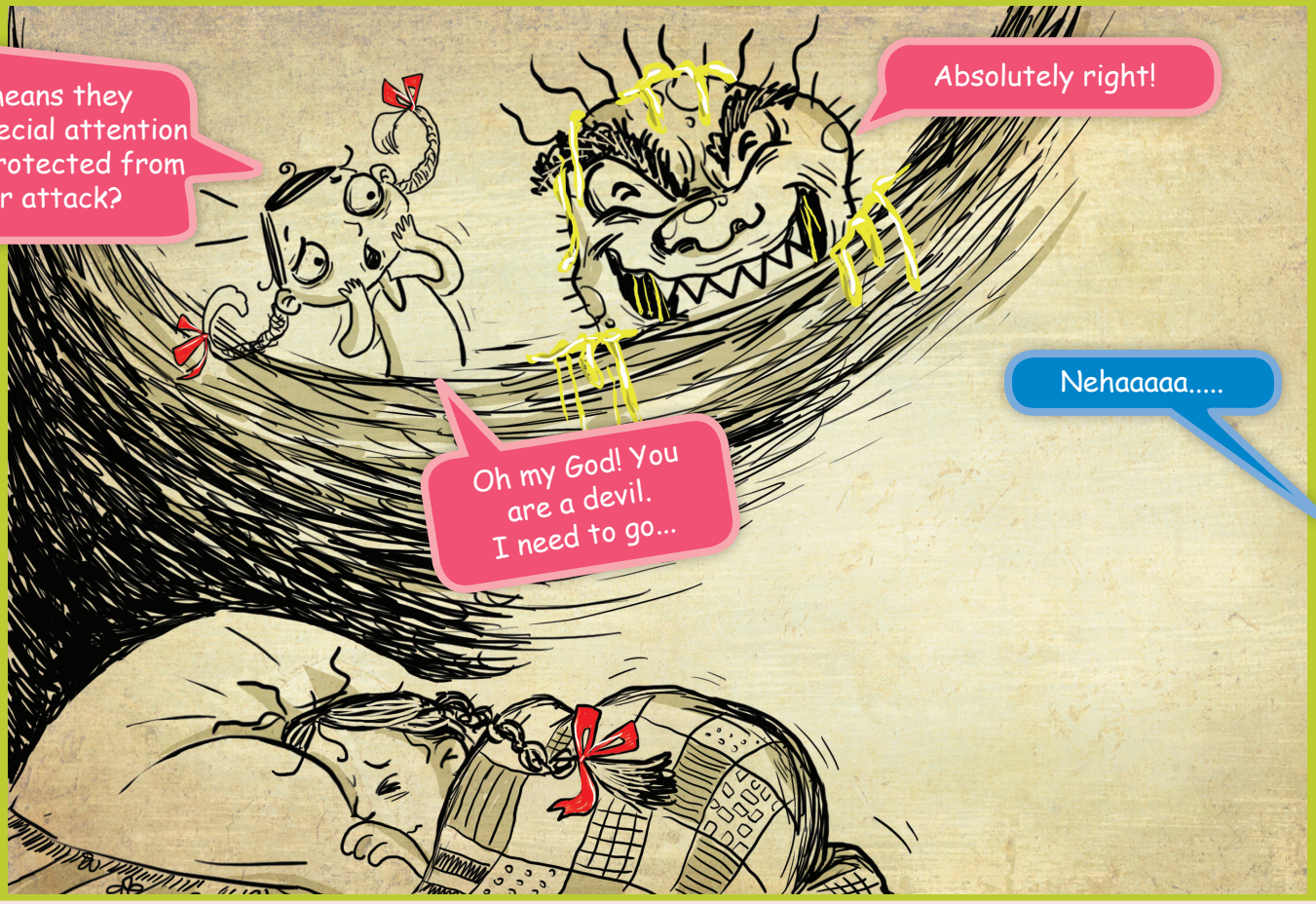
Source: http://mohfw–h1n1.nic.in/documents/pdf/epidemiologicaltrendsinndia.pdf(2010)

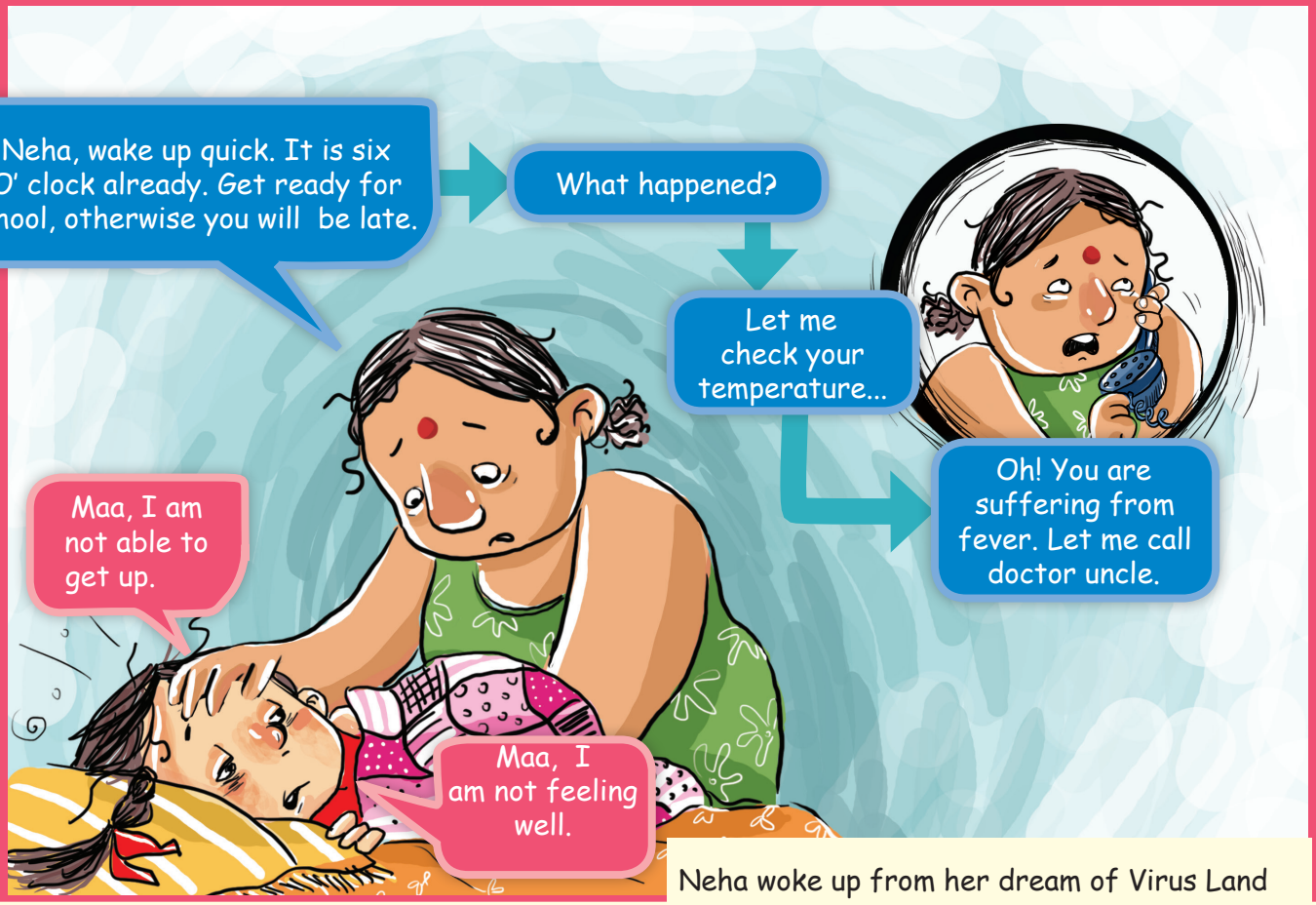

Oh! My God! How did this happen? How did it get so bad? And what is so special about India?
Actually the tropical climate suits us.
I can surface twice a year in India. Winter and monsoon seasons are the best times for me. In most other countries I can make my appearance during the winter season only. I love this land!


Not only this, very high population density of your country, overcrowded public places and transport and utter disregard for sanitation and hygiene highly tempt me and make my work easy.
Oh, I see.
CHUSKI


202790 persons tested for H1N1 –46131 positive, 2728 dead
202790 persons tested till 26th December 2010 -77 % of them negative
Positive, 46088, 23%
Negative, 156702, 77%
Deaths, 2728, 6%
Recovered/Recovering, 43360, 94%
Among those tested * 94 % cases recovered/recovering
* Among ILI Cases, only those admitted to indoor facility (Category-C) are being tested.
Would you like to see the status of my prevalence in India?
Read the report on situation update on H1N1 as on December 2010: An epidemiological study on the website
http://mohfw-h1n1.nic.in/documents/PDF/EpidemiologicalTrendsInIndia.pdf
Okay...

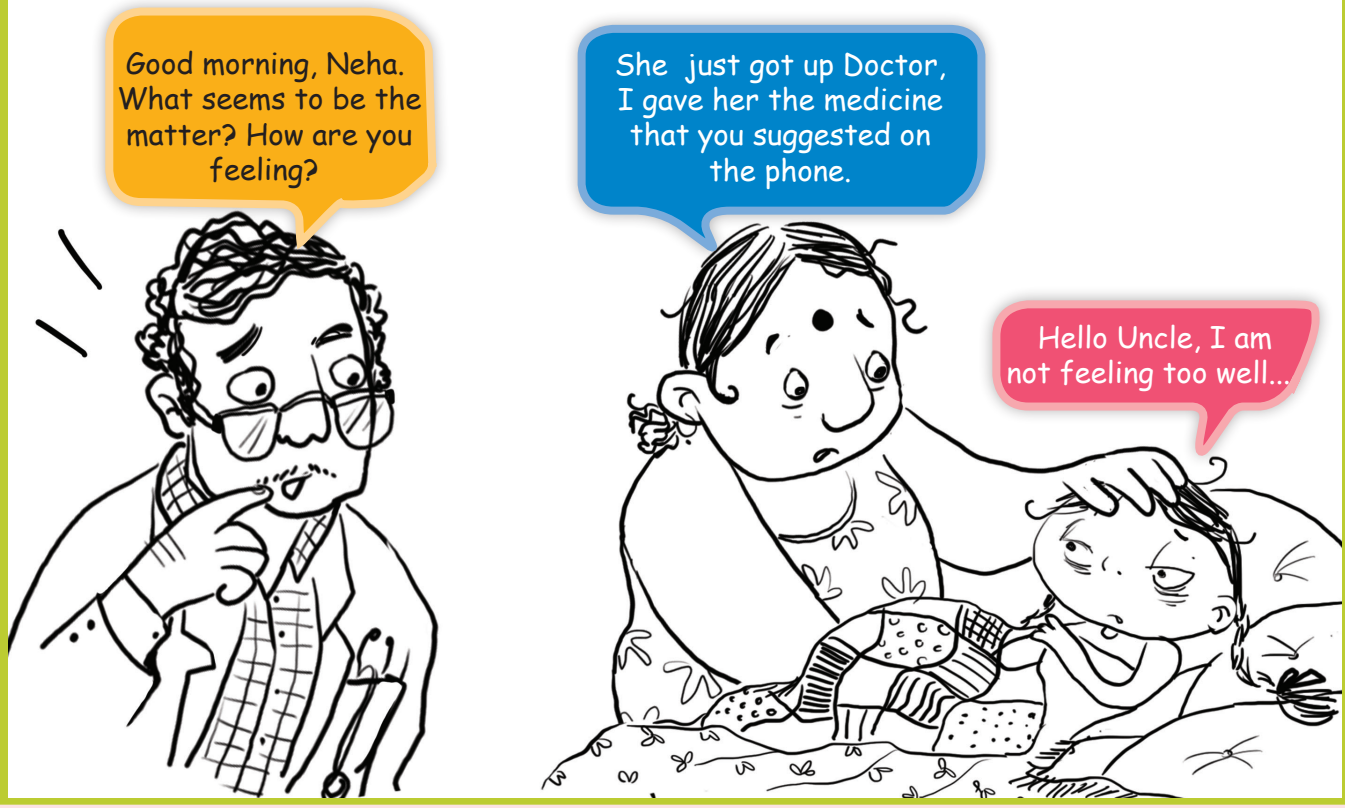

Do you know about my favourite targets?
Favourite? What? What targets?
Hehehe! although I am always ready to attack anybody but I prefer to attack people whose immune system is not very strong.
Who are those?
Ha! people suffering from asthma, heart diseases, diabetes, high blood pressure, obesity, HIV positive persons, pregnant women and children of course!

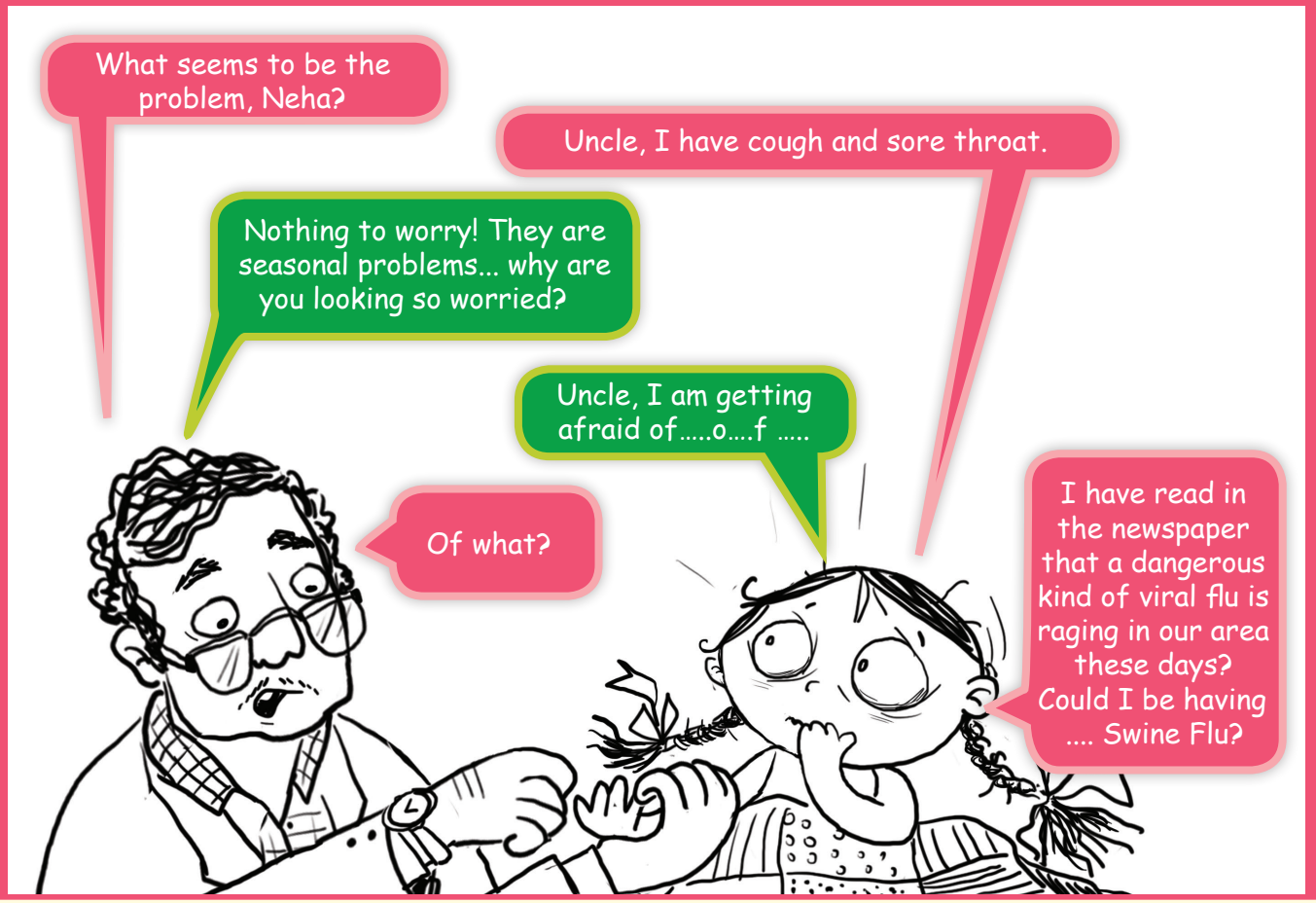

This means they need special attention to be protected from your attack?
Absolutely right!
Nehaaaaa.....
Oh my God! You are a devil. I need to go...



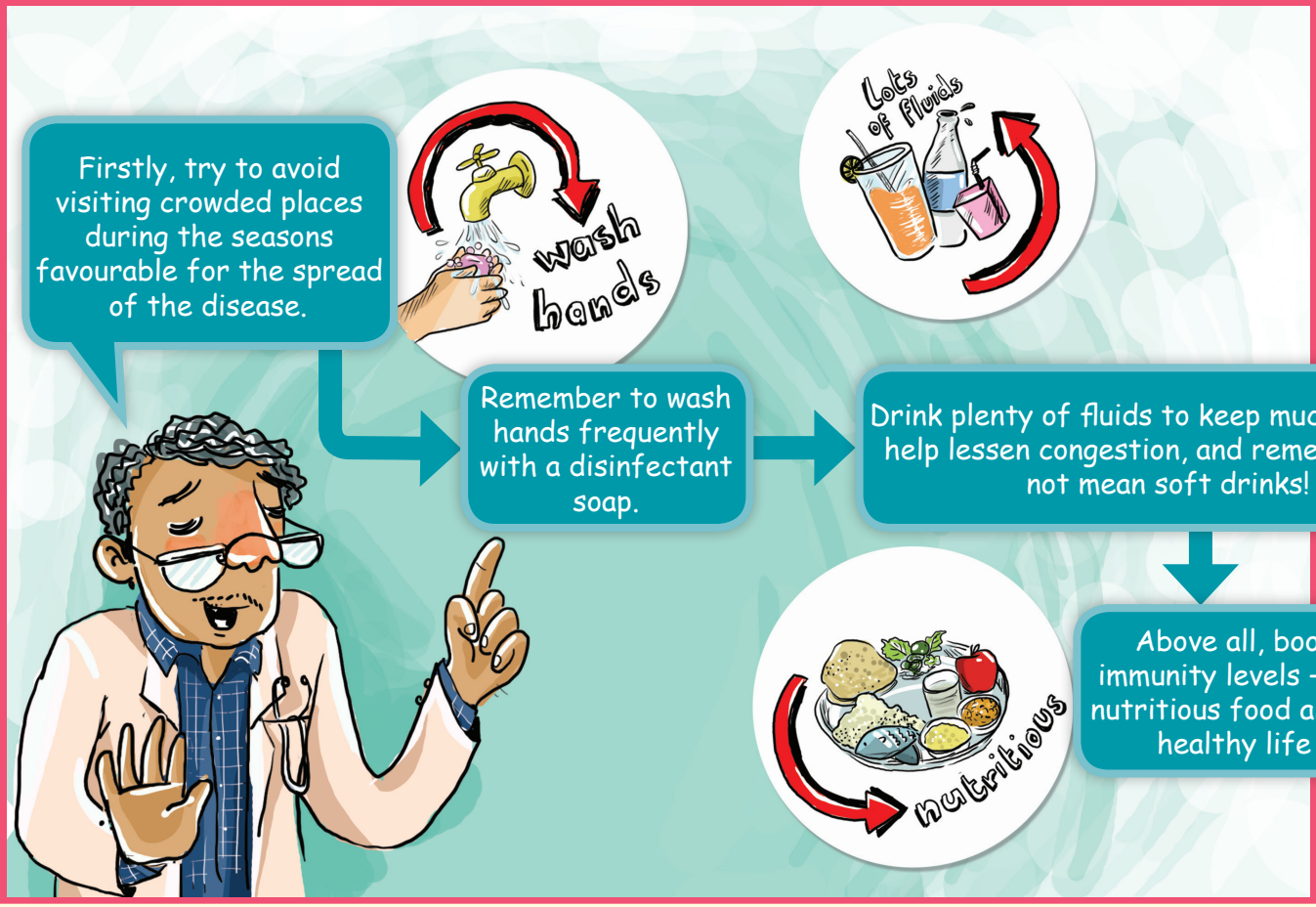
Neha woke up from her dream of Virus Land

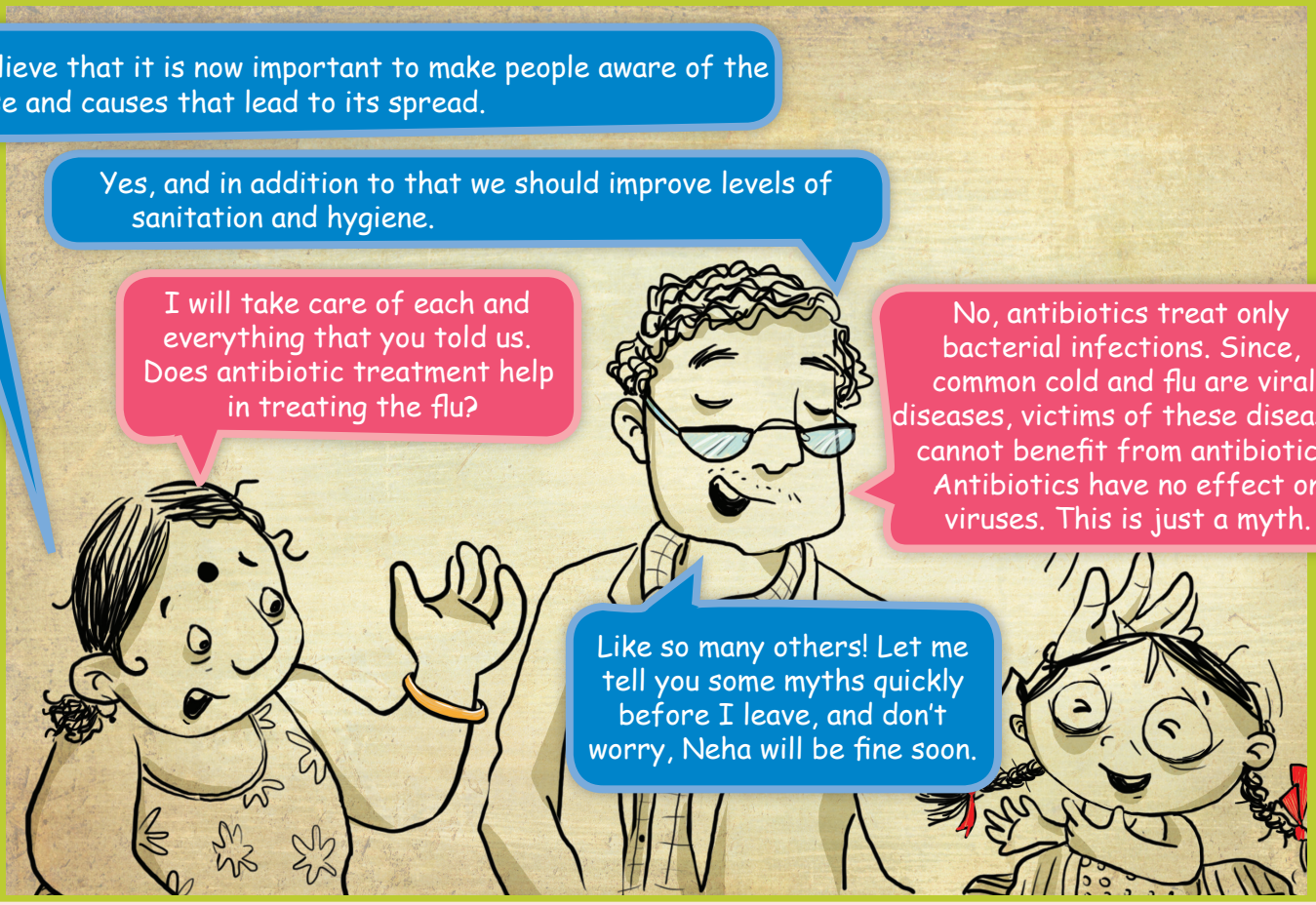
Ma opens the door for Doctor Aman, welcomes him and brings him to Neha's room.




What seems to be the problem, Neha?
Uncle, I have cough and sore throat.
Nothing to worry! They are seasonal problems... why are you looking so worried?
Uncle, I am getting afraid of.....o....f .....
Of what?
I have read in the newspaper that a dangerous kind of viral flu is raging in our area these days? Could I be having .... Swine Flu?


Ha ha, no you needn't worry about that! Though Swine flu can be confirmed only through tests, but I am pretty sure that your symptoms do not add up to it!
But is there anything we can do to protect ourselves from such infections Doctor?
Yes of course! We can take precautions that we tend to ignore or are careless about. Let me elaborate....


Firstly, try to avoid visiting crowded places during the seasons favourable for the spread of the disease.
wash hands
Lots of fluids
Remember to wash hands frequently with a disinfectant soap.
Drink plenty of fluids to keep mucus thin and help lessen congestion, and remember I do not mean soft drinks!
nutritious
Above all, boost your immunity levels — consume nutritious food and adopt a healthy life style.


I also believe that it is now important to make people aware of the disease and causes that lead to its spread.
Yes, and in addition to that we should improve levels of sanitation and hygiene.
I will take care of each and everything that you told us. Does antibiotic treatment help in treating the flu?
No, antibiotics treat only bacterial infections. Since, common cold and flu are viral diseases, victims of these diseases cannot benefit from antibiotics. Antibiotics have no effect on viruses. This is just a myth.
Like so many others! Let me tell you some myths quickly before I leave, and don't worry, Neha will be fine soon.

MYTHS

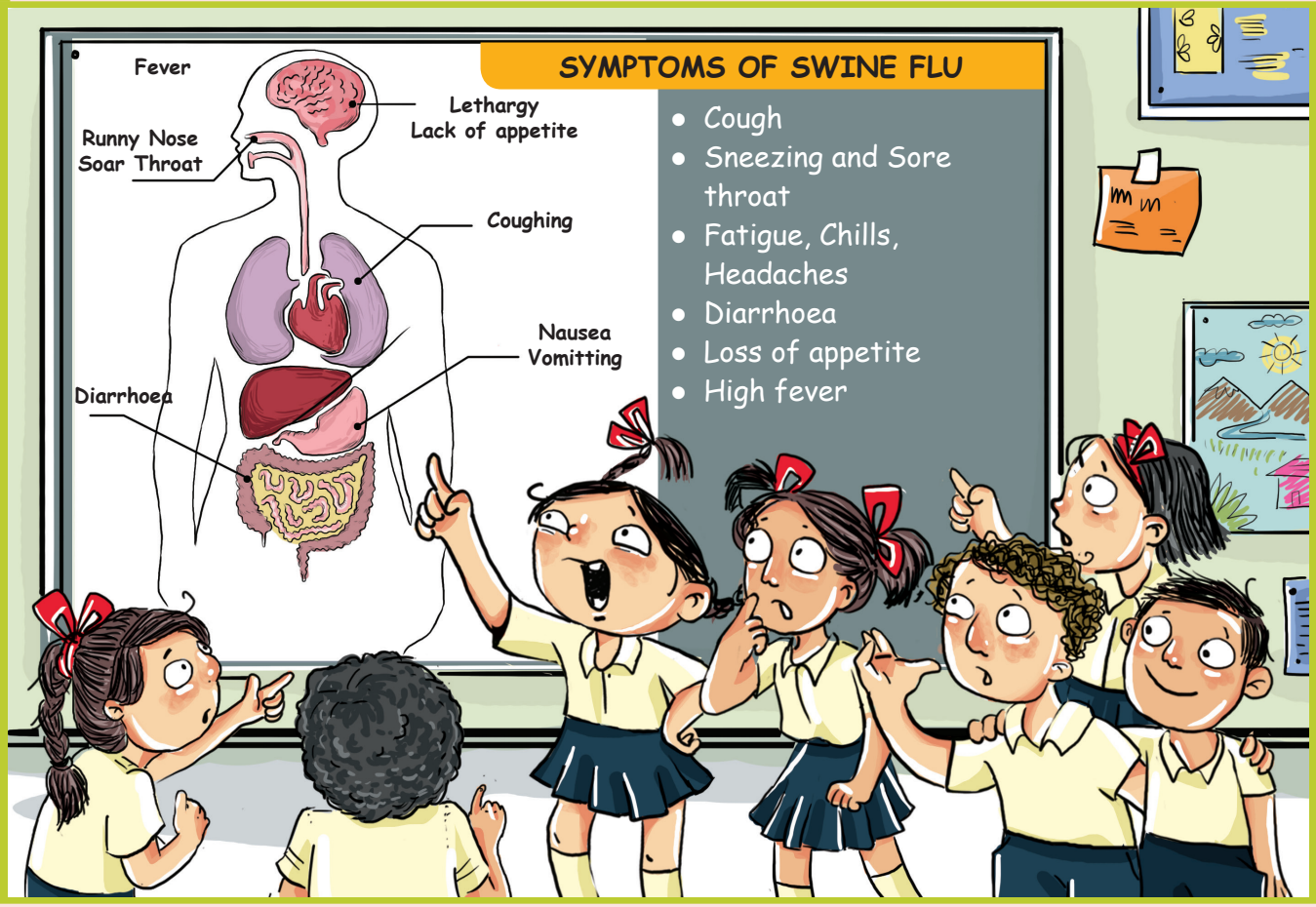
I could catch Swine Flu from a pig by petting it or from eating pork.

If I am already under treatment for flu I don't need a special H1N1 vaccine.

I should wear a surgical mask at all times to protect myself from contracting H1N1.

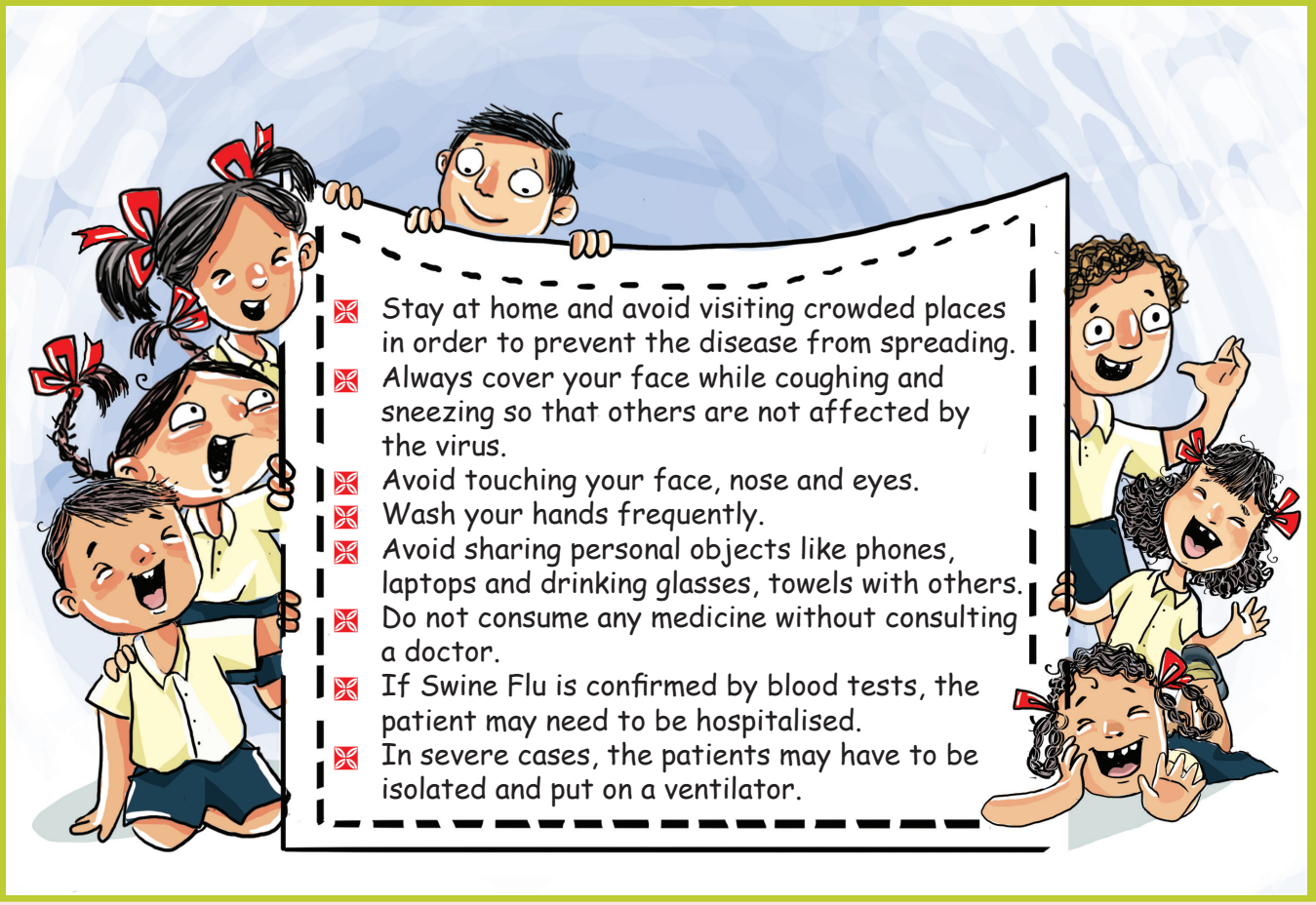
Antibiotics can cure Swine Flu.

Curious after the discussion and once well, Neha decides to prepare a chart on Swine Flu and its symptoms to share with her friends at school.


SYMPTOMS OF SWINE FLU
Fever
Runny Nose
Soar Throat
Lethargy
Lack of appetite
Coughing
Nausea
Vomitting
Diarrhoea
• Cough
• Sneezing and Sore throat
• Fatigue, Chills, Headaches
• Diarrhoea
• Loss of appetite
• High fever

Later, Neha and her friends decide to prepare a banner to share information on Swine Flu with others.





- Stay at home and avoid visiting crowded places in order to prevent the disease from spreading.
- Always cover your face while coughing and sneezing so that others are not affected by the virus.
- Avoid touching your face, nose and eyes.
- Wash your hands frequently.
- Avoid sharing personal objects like phones, laptops and drinking glasses, towels with others.
- Do not consume any medicine without consulting a doctor.
- If Swine Flu is confirmed by blood tests, the patient may need to be hospitalised.
- In severe cases, the patients may have to be isolated and put on a ventilator.

Draw a Virus

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