



GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SCHOOL BRANCH  
OLD SECRETARIAT: DELHI-110054

No. F. DE.23 (386)//Sch.Br./Swine Flu/2017/2024

Dated: 11/09/2017

**CIRCULAR**

**Subject: - HEALTH ADVISORY FOR INFLUENZA A H1N1 (SWINE FLU).**

Please find enclosed herewith the Advisory for Influenza A H1N1(Swine Flu) received from Directorate General of Health Services, Public Health Wing, GNCT of Delhi to create awareness among the students, teachers & staff regarding Influenza AH1N1 (Swine Flu).

All Heads of Government, Govt. Aided & Unaided Recognized Schools are advised to create awareness among children about the Do's & Dont's with respect to Influenza A H1N1(Swine Flu) during morning assembly. They should be encouraged to practice personal hygiene. Lastly, children with flu symptoms should be advised to stay at home, until they get fully cured.

This issues with the prior approval of the Competent Authority.

**Encl: as above**

*[Signature]*  
11/09/2017  
DDE (SCHOOL)

**All Heads of Govt., Govt. Aided & Unaided Recognized Schools through DEL-E**

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Copy to:-

1. PS to Secretary (Education), Govt. of NCT of Delhi.
2. PS to Director (Education), Govt. of NCT of Delhi.
3. Nodal Officer (IDSP), Directorate General of Health Services, Integrated Disease Surveillance Programme (IDSP), Public Health Wing, Govt. of NCT of Delhi, F-17, Karkardooma, Delhi-110032.
4. All RDEs/DDEs (District/Zone)/DEOs.
5. OS (IT) to please paste it on the website.
6. Guard file.

*[Signature]*  
11/9/17  
DEO (SCHOOL)

**DIRECTORATE GENERAL OF HEALTH SERVICES  
PUBLIC HEALTH WING, GNCT OF DELHI,  
email:idspdelhi1@gmail.com, Ph:011-22482016**

**Dated: 07.08.2017**

**ADVISORY ON INFLUENZA A H1N1 FOR SCHOOLS**

Flu like illness can be caused by many different flu viruses. Influenza A H1N1 (Swine Flu) is a type of seasonal flu virus. Whereas most of these cases will be mild requiring no treatment, people with chronic medical conditions, adults more than 65 yrs of age, children under 5 yrs of age and pregnant women are at higher risk for acquiring severe illness.

The impact of seasonal influenza activity can be mitigated by simple public health measures such as frequent washing of hands, respiratory etiquette, avoiding crowded places and maintaining distance of an arm length from those affected from flu like symptoms. Informing the public to adopt these measures would be of help.

- Flu like illness can present as fever, cough, sore throat, head ache, body ache and in some cases in diarrhea and vomiting.
- Not every patient with flu like illness needs testing or specific antiviral treatment. Patients should consult doctor and follow advice.
- In case of mild flu like illness, it is recommended that contact with others may be limited as much as possible, to prevent transmitting infection to others.
- Take paracetamol in case of mild fever, drink plenty of fluid, eat nutritious food and take rest.
- Stay at home for atleast 24 hrs after fever is completely gone.
- Proper hand washing with soap and water and covering of nose and mouth while sneezing and coughing.
- Immediately consult a doctor in case of high grade fever and severe cough. Get yourself regularly checked by a doctor.

**CATEGORIZATION OF PATIENTS**

- Category A (patients with flu symptoms) neither require Oseltamivir nor testing
- Category B (patients with high risk) require only Oseltamivir. Testing is not required
- Category C (patients with danger signs) require Oseltamivir, testing and hospitalization

**DANGER SIGNALS IN INFLUENZA INFLICTED INDIVIDUALS-**

- Fever remains high
- Difficulty in breathing
- Coughing of blood stained sputum
- Altered behavior, incoherent speech
- Bluish discoloration of the skin & lips.

Students must be sensitized in morning assembly about sign, symptoms and methods of prevention and control of Influenza A along with Do's and Don't's.

- Students suffering from Seasonal Influenza must be confined at home.
- Students are advised for frequent hand washing and manner of coughing & sneezing must be taught to them.
- Students must be involved in awareness campaign through rallies, Quizzes, posters etc to generate awareness.

DOs	DON'Ts
<ul style="list-style-type: none"> <li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li> <li>• Frequently wash your hands with soap and water</li> <li>• Avoid crowded places</li> <li>• Person suffering from Seasonal Influenza must be confined at home</li> <li>• Stay more than one arm's length distance from persons sick with flu</li> <li>• Take adequate sleep and rest</li> <li>• Drink plenty of water/liquids and eat nutritious food</li> <li>• Person suspected with Influenza like illness must consult doctor</li> </ul>	<ul style="list-style-type: none"> <li>• Touching eyes, nose or mouth with unwashed hands</li> <li>• Hugging, kissing and shaking hands while greeting</li> <li>• Spitting in public places</li> <li>• Taking medicines without consulting doctor</li> <li>• Excessive physical exercise</li> <li>• Disposal of used napkin or tissue paper in open areas</li> <li>• Touching surfaces usually used by public (Railing, door gates, etc)</li> <li>• Smoking in public places</li> <li>• Unnecessary testing</li> </ul>

## इन्फ्लुएंजा (मौसमी फ्लू)

### लक्षणों को पहचानिए:

बुखार एवं खॉसी, गला खराब, नाक बहना या बंद होना, सांस लेने में तकलीफ एवं अन्य लक्षण जैसे बदन दर्द, सिर दर्द, थकान, ठिठुरन, दस्त, उल्टी, बलगम में खून आना इत्यादि भी हो सकते हैं।

एच।एन। (H1N1) मौसमी इन्फ्लुएंजा का एक प्रकार है जो कि स्वयं-सीमित वायरल रोग है।

क्या करें	क्या न करें
<ul style="list-style-type: none"> <li>• खॉसने और छींकने के दौरान अपनी नाक व मुंह को कपड़े अथवा रुमाल से अवश्य ढकें</li> <li>• अपने हाथों को साबुन व पानी से नियमित धोयें</li> <li>• भीड़-भाड़ वाले क्षेत्रों में जाने से बचें</li> <li>• फ्लू से संक्रमित हों तो घर पर ही आराम करें</li> <li>• फ्लू से संक्रमित व्यक्ति से एक हाथ तक की दूरी बनाए रखें</li> <li>• पर्याप्त नींद और आराम लें</li> <li>• पर्याप्त मात्रा में पानी / तरल पदार्थ पियें और पोषक आहार खाएं</li> <li>• फ्लू से संक्रमण का संदेह हो तो चिकित्सक से सलाह अवश्य लें।</li> </ul>	<ul style="list-style-type: none"> <li>• गंदे हाथों से आँख, नाक अथवा मुँह को छूना</li> <li>• किसी को मिलने के दौरान गले लगना, चूमना या हाथ मिलाना</li> <li>• सार्वजनिक स्थानों पर थूकना</li> <li>• बिना चिकित्सक के परामर्श के दवाएं लेना</li> <li>• अत्यधिक शारिरिक व्यायाम</li> <li>• इस्तेमाल किए हुए नेपकिन, टिशू पेपर इत्यादि खुले में फेंकना</li> <li>• फ्लू वायरस से दूषित सतहों का स्पर्श (रेलिंग, दरवाजे इत्यादि)</li> <li>• सार्वजनिक स्थलों पर धूमपान करना</li> <li>• अनावश्यक जांचें करवाना</li> </ul>

## Steps for Hand washing

0



Wet hands with water:

1



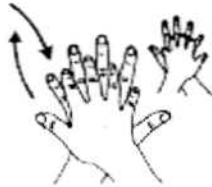
Apply enough soap to cover all hand surfaces:

2



Rub hands palm to palm:

3



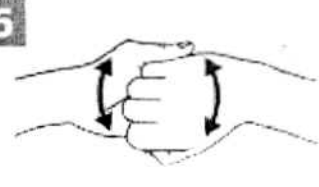
Right palm over left dorsum with interlaced fingers and vice versa:

4



Palm to palm with fingers interlaced.

5



Backs of fingers to opposing palms with fingers interlocked.

6



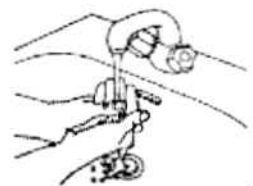
Rotational rubbing of left thumb clasped in right palm and vice versa:

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa:

8



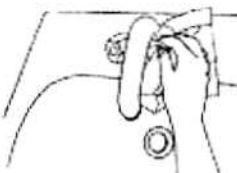
Rinse hands with water:

9



Dry hands thoroughly with a single use towel.

10



Use towel to turn off faucet.

11



Your hands are now safe.