



DAV PUBLIC SCHOOL, SECTOR-14 GURUGRAM
“DAV WELLNESS”
MONTHLY HEALTH NEWSLETTER (FEBRUARY 2019)

Dear Students,

In the past few months, Swine Flu has terrorised the entire country. Swine Influenza (Swine Flu), also known as the A (H1N1) influenza, is a respiratory disease caused by type A influenza virus, It causes high levels of illnesses and in worst cases, can also lead to death.

The H1N1 virus may circulate among swines throughout the year, but most outbreaks occur during late fall and winter months, similar to outbreaks in humans.

Cause Of Transmission—

The H1N1 influenza normally used to infect pigs, but has now started infecting humans also. However, the main transmission is not from pigs to people, but rather from person to person.

H1N1 influenza is very contagious. The disease is spread through saliva and mucus particles. People may spread them by.

- Sneezing
- Coughing
- Touching a germ- covered surface and then touching their eyes or nose
- Unhygienic conditions

People with weak immune system are more at risk of contracting swine flu, while those with good immune system, if infected, can recover within a week.

Watch out for these symptoms—

The symptoms of H1N1 are similar to most influenza infections:

- Fever (100°F or greater)
- Coughing
- Nasal secretions
- Fatigue, headache, sore throat
- Body aches, chills ,nausea/ vomiting
- Diarrhea, loss of appetite

Simple Precautions—

There is no other sure shot way to know whether one is infected with swine flu or not, other than a medical examination. After all, it could be a normal flu as well.

Vaccination is the best way to prevent or reduce the chance of infection.

- Frequently washing hands with soap or hand sanitizer.
- Not touching your nose, mouth, or eyes (the virus can survive on telephones , tabletops, etc).
- Staying home, not going to work or school if you are ill.
- Avoiding large gatherings and crowded public places, like markets, metros, etc., when swine flu is in season.
- Avoiding any close proximity to or touching any person who may have flu symptoms.

Available Medications-- At this time there are two antiviral agents-

Zanamivir (Relenza)

Oseltamivir (Tamiflu)

These medicines prevent the disease most effectively if taken within 48 hours of the onset of symptoms.

Medication can be started by the treating doctor.

Vaccine for Flu-- The regular Flu vaccine-Vaxigrip provides protection against swine flu, but takes around two weeks to generate immunity.

Currently, children below 5 years and adults over 65 years are a risk group that needs to be vaccinated for Swine Flu.

What Else Can Help?

1. A diet rich in vitamin A (carrots, pepper, pumpkin, sweet potato, beetroot). Vitamin C (oranges, sweet lime, gooseberry, strawberry) and lots of cereals and nuts for zinc.
2. Proper ventilation-
3. Herbal tea- Known to build strong immunity.

H1N1 can be defeated!

By keeping oneself fit by exercising, keeping hydrated, eating fresh fruits and green vegetables, and practicing the precautions, we can all fight the fear of swine flu.

**Stay Healthy,
Stay Happy !**