

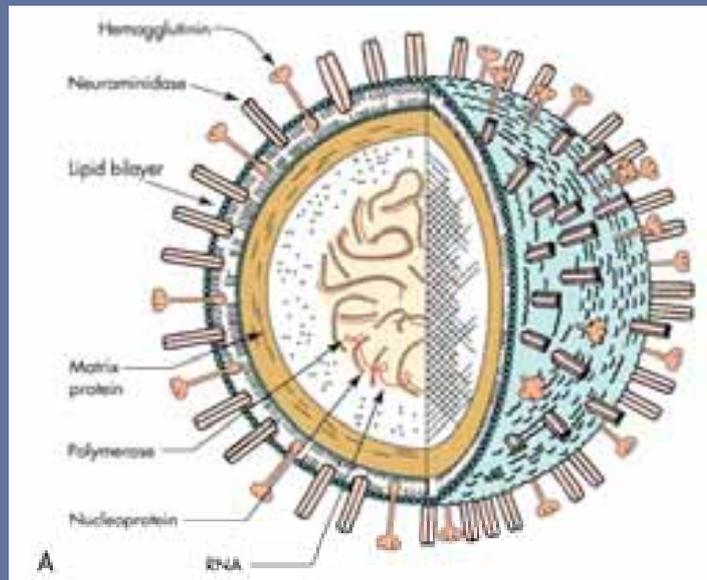
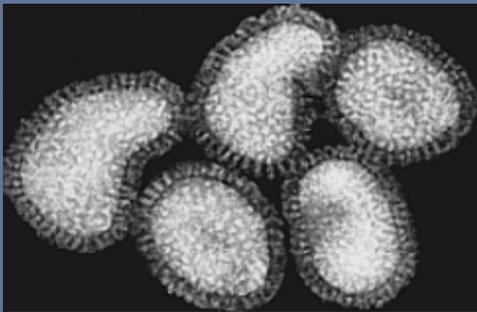
Influenza A H1N1

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Present Situation

- As at 4 July 2010 ,more than 214 countries have laboratory confirmed cases of pandemic influenza AH1N1 including 18 311 deaths.Presently the WHO is of the view that its virulence is still mild as the influenza A H1N1 virus has not shown any significant mutation up to now.However the WHO continues to actively monitor the progress of the pandemic.

The Influenza A H1N1 Virus



Size:

80-200nm or .08 – 0.12 μm (micron) in diameter

Current situation

Since March 2009, a new strain of swine influenza A (H1N1) virus has been identified, which is being described as a new subtype of A/H1N1 not previously detected in swine or humans.

CDC has determined that this virus is contagious and can spread easily from one human to another.

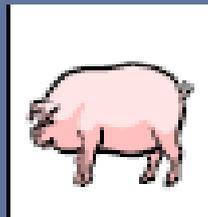
This new strain of influenza virus contains a combination of swine, avian, and human influenza virus genes.

Pigs, birds and human beings are infected with many types of influenza viruses, but usually these viruses infect only one species.

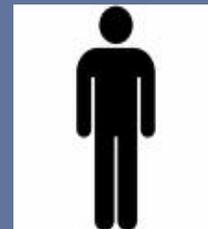
Sometimes these viruses swap genes, creating new viruses that can infect more than one species.



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The World Health Organization uses a six-phased approach

6 A global pandemic is on



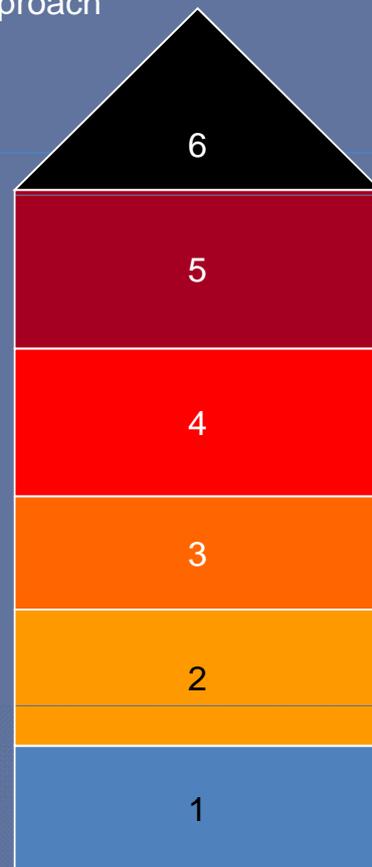
5 Human-to-human spread of the virus into at least two countries in one WHO region.
A strong signal that a pandemic is imminent

4 Verified human-to-human transmission of the animal flu virus able to cause "community-level outbreaks."

3 Animal influenza virus has caused infection in small clusters of people, but no human to human transmission has occurred

2 Animal influenza virus known to have caused infection in humans,

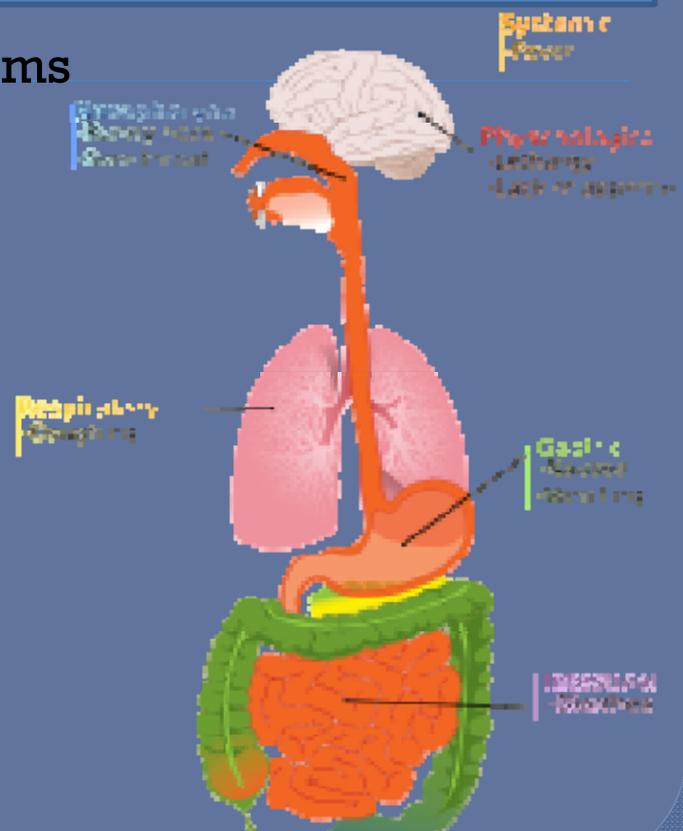
1 No viruses circulating among animals reported to cause infection in humans



Symptoms

Are similar to the symptoms
of regular human flu

- ⦿ Runny nose
- ⦿ Sore throat
- ⦿ Cough
- ⦿ Fever ($\geq 38\text{ C}$)
- ⦿ Body ache
- ⦿ Vomiting & diarrhoea
- ⦿ Difficulty in breathing
- ⦿ Pneumonia



Transmission



- ◉ Mainly through the air by coughing or sneezing, which generates droplets in the surrounding air.
- ◉ Touching respiratory droplets on a surface or on an object, then touching the mouth, nose, or eyes without washing hands.
- ◉ *There is no risk of infection from this virus from consumption of well-cooked pork and pork products.*

Incubation period: 1 to 4 days

Infectious period: for upto 7 days following onset of illness, or until all symptoms have resolved.

Treatment

- Antivirals for the treatment of infection:
 - Oseltamivir (Tamiflu) or
 - Zanamivir (Relenza)
- Use of anti-virals can make illness milder and recovery faster
- They may also prevent serious flu complications
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms)

Prevention



Those who have influenza

- Cover the nose and mouth with a tissue or other suitable material, when coughing or sneezing, then dispose the tissue in the trash after use, or wash the material.
- Wash hands immediately after contact with respiratory secretions.
- If sick with influenza, limit contact with others to prevent spread of infection.
- Seek medical advice.

Prevention

Those who are well

- Avoid close contact with people who appear unwell and have fever and cough
- Avoid touching eyes, nose or mouth with unwashed hands
- Wash hands frequently with soap and water
- Avoid touching surfaces that may be contaminated with the flu virus
- Reduce as much as possible the time spent in crowded settings
- Ensure good ventilation in your living space by opening windows as much as possible.
- Now vaccination against AH1N1 is available.



Risk Factors

- Pregnancy
- Chronic lung disease
- TB
- Patients on dialysis
- On treatment for cancer
- On Rx for cardiovascular disease
- Young children
- Diabetics
- Health care workers