



PUNE MUNICIPAL CORPORATION

HEALTH DEPARTMENT

GUIDELINES FOR CONTROL OF PANDEMIC INFLUENZA A H1N1

Broad guidelines for schools / educational institutions

1. Schools are advised to avoid any large gathering of students during the course of the day in the school. This would reduce the possibility of the spread of the infection, if any, to a much larger number of students who would be in close contact with each other in such a gathering.
2. It should be made mandatory by the school authorities that all class teachers should begin their class with active screening of each student in the class so as to detect any student who is having symptoms of flu (mild fever with cough/ sore throat with or without body ache, headache, diarrhea and vomiting). If such student is detected, he/she should be referred immediately to the medical facility of the school. He/She should be further advised to stay at home for 7 days and observe strict discipline of home isolation. The onus of observance of discipline of isolation henceforth is shifted to the parents and school authorities should accordingly write a letter to the parent. The parents should also be advised to keep other wards at home, in case they are found to be having flu like symptoms. There should be constant self-monitoring and if symptoms deteriorates, it should be reported to health authorities immediately.
3. Students, teachers and other employees working in schools/educational institutions are advised to stay at home if they develop flu like symptoms. They should consult the medical doctor and take treatment as advised including the home isolation and drugs for treatment of the symptoms.
4. Students, teachers and other employees working in schools/educational institutions are advised to continue to stay at home for at least 7 days if they are advised by the doctor to take Oseltamivir treatment and they should observe home isolation. There should be constant self-monitoring and if symptoms deteriorates, it should be reported to health authorities, immediately.
5. School authorities should not insist on production of medical certificate from such preventive absentees.
6. Students, teachers and other employees working in schools/educational institutions are advised to wash their hands frequently with soap and water.
7. Students, teachers and other employees working in schools/educational institutions are advised to observe strict cough / sneeze etiquette i.e. use tissue while sneezing and coughing. The tissue paper so used should be kept in a separate plastic bag, so that it can be disposed of safely.

8. If any student, teachers or other employees is at high risk (suffering from chronic diseases of lung/heart/kidney/neurological system or blood disorder) for H1N1 and he / she becomes sick with influenza like sickness, the school authorities should immediately take him/her to the medical officer of the school and carry out further treatment strictly under advice of the doctor. Mostly such patients will be kept at Oseltamivir and home isolation.
9. All the schools / educational institutions should observe regular cleaning of the area with cleaner they ordinarily use so that all the droplets and shredding from any unnoticed mildly infected students / employees are taken care of.
10. Closure of schools has not been recommended by Centre for Disease Control, Atlanta, USA. Its value for prevention of spread of disease within school is outweighed by the possibility of community spread, which is more likely because the children will play and mix with public in various places and at social gathering and there will be nobody to advise them or prevent such incidents. On the other hand, in schools there will be a teacher who will be able to detect their symptoms everyday at the earliest. However, school authorities have to use their own judgement for any type of temporary closure in the event of wide spread H1N1 influenza in school. There should be constant self-monitoring and if symptoms deteriorates, it should be reported to health authorities, immediately.
11. In case of students staying in hostels, the school authority should monitor the health status of students as well as the other ancillary staff in the hostel on regular basis.
12. In case there are suspected cases in the hostel, the authorised local medical authority should be called for examination of all students and school authority should not close the hostel and send the students back to their home.
13. School should discourage excursion of the students to the affected countries.
14. However, if students go on tour to the affected countries, they should be thoroughly examined on return by medical doctor before permitting attendance in the class. If there is one suspect case of H1N1 then the whole group should be kept under isolation at home and their health status should be regularly watched.
15. All the schools should display "DO'S AND DON'TS" for H1N1 infection at all important places.
16. All the schools should circulate pamphlets containing "DO'S AND DON'TS" for H1N1 infection and answers to frequently asked questions (FAQ) to the students.

Objective Criteria to determine Community Spread of Pandemic Influenza A H1N1

"If there is 25 or more epidemiologically linked suspect cases of Pandemic Influenza A H1N1 of which at least one or more are laboratory confirmed for Pandemic Influenza A H1N1, in two or more cities, over a period of two weeks, then the State would be considered to be having community spread".

Application

States that report community spread, the curative approach would be followed (i) To screen Influenza like illness in designated health facilities (ii) Categorization into A, B and C categories, (iii) home isolation for category A and B and (iv) hospitalization for Category C. Treatment with Oseltamivir would continue to be for Category B and Category C (refer to patient categorization guidelines).

States not reporting community spread, would continue to do (i) testing of suspect cases (ii) contact tracing and (iii) chemoprophylaxis to family, school and social contacts. This would continue till such time they report community spread.

Ministry of Health & Family Welfare Pandemic Influenza A H1N1

Guidelines on categorization of Influenza A H1N1 cases during screening for home isolation, testing treatment, and hospitalization (Revised on 05.10.2009)

In order to prevent and contain outbreak of Influenza-A H1N1 virus for screening, testing and isolation following guidelines are to be followed:

At first all individuals seeking consultations for flu like symptoms should be screened at healthcare facilities both Government and private or examined by a doctor and these will be categorized as under:

Category- A

- Patients with mild fever plus cough / sore throat with or without body ache, headache, diarrhoea and vomiting will be categorized as Category-A. They do not require Oseltamivir and should be treated for the symptoms mentioned above. The patients should be monitored for their progress and reassessed at 24 to 48 hours by the doctor.
- No testing of the patient for H1N1 is required.
- Patients should confine themselves at home and avoid mixing up with public and high risk members in the family.

Category-B

- (i) In addition to all the signs and symptoms mentioned under Category-A, if the patient has high grade fever and severe sore throat, may require home isolation and Oseltamivir;
- (ii) In addition to all the signs and symptoms mentioned under Category-A, individuals having one or more of the following high risk conditions shall be treated with Oseltamivir:

- Children with mild illness but with predisposing risk factors.
 - Pregnant women;
 - Persons aged 65 years or older;
 - Patients with lung diseases, heart disease, liver disease, kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;
 - Patients on long term cortisone therapy.
- **No tests for H1N1 is required for Category-B (i) and (ii).**
 - All patients of Category-B (i) and (ii) should confine themselves at home and avoid mixing with public and high risk members in the family.

Category-C

In addition to the above signs and symptoms of Category-A and B, if the patient has one or more of the following:

- Breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discolouration of nails;
- Children with influenza like illness who had a severe disease as manifested by the red flag signs (Somnolence, high and persistent fever, inability to feed well, convulsions, shortness of breath, difficulty in breathing, etc).
- Worsening of underlying chronic conditions.

All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.

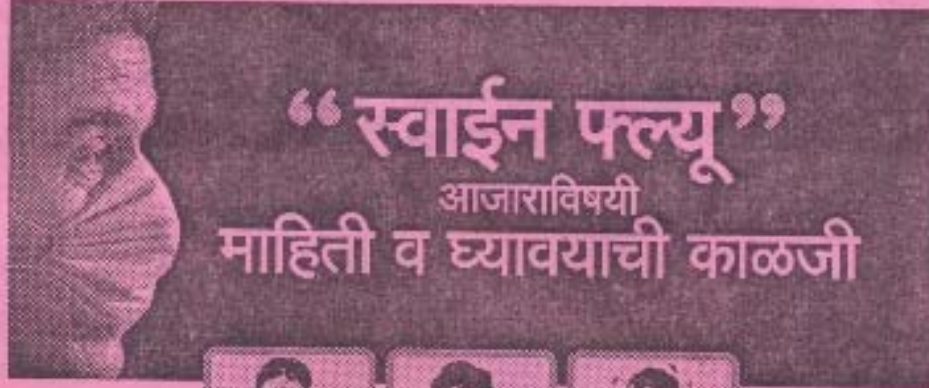
Following Hospitals are accredited for treatment & control of Pandemic Influenza A H1N1

- | | |
|----------------------------------|--|
| 1. Sahyadri Munot Hospital | 9. Shashwat Hospital |
| 2. Bharti Hospital | 10. Deendayal Hospital |
| 3. KEM Hospital | 11. Seth Ramdas Shah Memorial Hospital |
| 4. Deenanath Mangeshkar Hospital | 12. Poona Hospital |
| 5. Jehangir Hospital | 13. Noble Hospital |
| 6. Surya Hospital Pvt Ltd | 14. Oyester & Pearl Hospital |
| 7. Inlaks Budhrani Hospital | 15. Krishna Hospital |
| 8. Ruby Hall Clinic | |



पुणे महानगरपालिका

जाहीर आवाहन



स्वाइन फ्ल्यू हा आजार H1N1 या विषाणूमुळे होतो.

सदर आजार हा साधा फ्ल्यूसारखा असून त्यावर निश्चित उपचार आहेत.

प्रतिबंधक उपाय योजना म्हणून आणण हे अवश्य जाणून घेऊ या ...

स्वाइन फ्ल्यू विषाणू काय आहे ?

- हा विषाणूमुळे होणारा आजार आहे.
- याचा संसर्ग तीन फुटांच्या आतील संपर्कातील एका माणसापासून दुसऱ्या माणसाला होतो.

हे करा

- हात सातत्याने साबण व पाण्याने धुवावेत.
- भरपूर पाणी प्या. ● पुरेशी झोप घ्या.
- स्वाइन फ्ल्यू रुग्णापासून किमान तीन फूट दूर रहा.
- पौष्टिक आहार घ्या.
- परदेशातून आल्यावर किमान दहा दिवस घरी विश्रांती घ्या. ● लक्षणे आढळल्यास डॉ. नायडू रुग्णालय येथे संपर्क साधा.
- संपर्काच्या वेळी रुमाल व मास्क वापरावा.

स्वाइन फ्ल्यू आजाराची लक्षणे

- सौम्य ताप येणे, खोकला येणे, सर्दी होणे, घसा दुखणे, अंगदुखी, डोकेदुखी होणे. ● अतिसार व उलट्या होणे. ● श्वास घेण्यास तीव्र त्रास होणे.
- ताप तीन दिवसात न उतरणे व शुध्द हरपणे.

हे टाळा

- परदेशी जाणे शक्यतो टाळा.
- गर्दीची ठिकाणे टाळा. ● सार्वजनिक ठिकाणी धुंक्णे.
- डॉक्टरांच्या सल्ल्याशिवाय औषधे घेणे.

आपण आजारी असाल तर

- शक्यतो कामी लोकांशी संपर्क ठेवून घरीच विश्रांती घ्या.
- पातळ पदार्थ मोठ्या प्रमाणात घ्या.

● स्वाइन फ्ल्यू रुग्णाच्या निकट सहवासितास लक्षणे आढळल्यास त्वरित जवळच्या पुणे महानगरपालिकेच्या दवाखाने / रुग्णालये तसेच सरकारी दवाखाने व रुग्णालयांतून तपासून घ्यावे. ● या आजाराचे रोगनिदान निश्चित झाल्यावर योग्य तो औषधोपचार केल्यास आजार पूर्णपणे बरा होतो. ● याव्यतिरिक्त स्वाइन फ्ल्यू या आजारबाबत योग्य मार्गदर्शन तसेच शंका समाधान होण्यासाठी आणि अधिक माहितीसाठी विशेष हेल्प लाईन क्रमांकावर संपर्क साधावा.

● डॉ. नायडू सांसर्गिक रुग्णालय ●

८, केनेडी रोड, जुना आर.टी.ओ व हॉटेल ली मेरिडियनच्या दरम्यान, पुणे ४११००१

हेल्पलाईन दूरध्वनी क्र. : २०२५००५०, २६०५५८३४३, २६०५८८४२

मोहनसिंग राजपाल
महापौर, पुणे

महेश झगडे
आयुक्त, पुणे महानगरपालिका

अ.क्र.	दवाखान्याचे नाव	वैद्यकीय अधिकारी
१.	एरंडवणा दवाखाना	डॉ. सरीता गानला
२.	भवानी पेठ दवाखाना	डॉ. दिपक जोशी / डॉ. भैरवकर ललीता
३.	दत्तवाडी दवाखाना	डॉ. ज्योत्सना खोले
४.	गंजपेठ दवाखाना	डॉ. संध्या बहुते
५.	हिंगणे दवाखाना	डॉ. सिमा मुंगळे
६.	लायन्स क्लब दवाखाना	डॉ. दिपाली झरकर
७.	मंगळवार पेठ दवाखाना	डॉ. सुचेता डवळे
८.	नारायण पेठ दवाखाना	डॉ. निला लिमये
९.	नाना पेठ दवाखाना	डॉ. स्वाती जोशी
१०.	रविवार पेठ दवाखाना	डॉ. चोरसे दिलीप
११.	विश्रांतवाडी दवाखाना	डॉ. भगवंत घांगरे
१२.	सहकारनगर दवाखाना	डॉ. विद्या राजवाडे / डॉ. वर्षा मोरे
१३.	शनिवार पेठ दवाखाना	डॉ. सोनवणे राजेंद्र
१४.	शिवाजीनगर दवाखाना	डॉ. अपर्णा गोखले
१५.	जुना फिरता दवाखाना	डॉ. विद्या शिंदे
१६.	नवीन फिरता दवाखाना	
१७.	साश्रपेग निबंधन फिरता दवाखाना	डॉ. पंडित सोनकांबळे
१८.	औष रोड (चिखलवाडी) दवाखाना	
१९.	गणेश पेठ दवाखाना	डॉ. चंद्रशेखर गुजर
२०.	कल्याणनगर दवाखाना	डॉ. उज्वला खिरती
२१.	भिपनगर दवाखाना	डॉ. शिवानंद पुराणीक
२२.	लोहगाव दवाखाना	डॉ. अशोक आहरे
२३.	पहर्षिनगर दवाखाना	डॉ. दशरथ बोवडे
२४.	केळेवाडी दवाखाना	डॉ. विद्या देव (साबणे)
२५.	कोरेगाव पार्क दवाखाना	डॉ. जया भोंडवे
२६.	गांधीनगर दवाखाना	
२७.	कळस दवाखाना	डॉ. सुधाकर भोसले
२८.	डायस प्लॉट दवाखाना	डॉ. सुचेता पत्की
२९.	चेस्ट क्लिनिक / गाडीखाना	
३०.	क्ष फिरण / गाडीखाना	डॉ. विद्या गायकवाड
३१.	प्रयोगशाळा / गाडीखाना	डॉ. अनघा जोग
३२.	स्किन व्ही.डी. / प्रयोगशाळा	डॉ. विजय जाधव / डॉ. एस. पी. कुलकर्णी
३३.	पॉलिक्लिनिक / गाडीखाना	
३४.	मेडिकल स्टोअर / गाडीखाना	
३५.	गायनिक / गाडीखाना	डॉ. अस्मिता भोई
३६.	शिवाजीनगर कुटुंब कल्याण केंद्र	डॉ. अंजली सावणे
३७.	किटक प्रतिबंधक	डॉ. सदाशिव पाटोळे
३८.	नारायण पेठ लसीकरण केंद्र	डॉ. सुनिल तोरे
३९.	सेंट्रल मेडिकल स्टोअर	