



DAV PUBLIC SCHOOL, SECTOR 49, **UPPAL'S SOUTHEND, GURUGRAM**

HEALTH BULLETIN – AUGUST - 2026

FROM

THE DOCTOR'S DESK

Dear students,

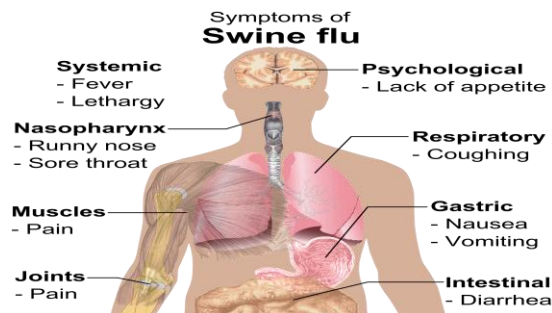
With the recent increase in cases of seasonal influenza, including H1N1, being reported in Delhi. It is important for all of us to remain alert and take simple preventive measures. So in this health bulletin let's learn about symptoms and prevention of H1N1 (Swine Flu).

What is swine flu?

The word "swine" means "pig". Originally swine flu was viral respiratory disease among pigs. This virus has many strains (types). One of them is H1N1 which moved from pigs to humans and this type of virus can be transmitted from human to human.

What are the symptoms of swine flu?

- Severe cough
- High fever with chills
- Sore throat and running nose
- Intense body ache, extreme fatigue
- Headache
- Occasionally vomiting or diarrhoea



It's hard to differentiate between swine flu and seasonal flu as most of the symptoms are the same. Mild cases of swine flu thus go undiagnosed.

How does swine flu spread?

Swine flu like any other flu is contagious. It spread from person to person, either by inhaling the virus or by touching the contaminated surface and then touching one's eyes, mouth or nose.

How long is the infected person contagious?

An infected person remains contagious as long as they have symptoms. That is approximately from one day before symptoms till 7-10 days further. The virus once shed can remain alive for 2 hours or more on surface like table, door knobs etc.

When to visit doctor / Warning signs?

- Continuous high grade fever that does not drop with medicine.
- Shortness of breath
- Persistent chest pain
- Vomiting
- Abdominal pain
- Dizziness or extreme weakness

Lab test is the only way to confirm the diagnosis of swine flu.

How to protect yourself and others from getting infection?

- Wash hands regularly with soap. Sanitizers are also effective.
- While coughing or sneezing, cover your mouth with a tissue.
- Throw used tissue in the dust bin immediately to avoid spread of infection.
- Avoid frequent touching of your eyes, nose or mouth, it can lead to infection.
- Keep the surface around you clean.
- Drink plenty of fluids.
- Eat well balanced diet.
- Avoid visiting closed and overcrowded places.
- Avoid getting close to people who are sick.

Hand washing tips



Wet hands with running water.



Apply soap or liquid soap.



Rub your hands together for at least 20 seconds.



Wash all areas, including the back of your hands and between fingers.



Rinse hands, making sure you remove all soap.



Dry your hands thoroughly with a paper towel.

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Remember we can prevent the spread of influenza by being responsible – not fearful.

STAY ALERT, STAY HEALTHY, STAY SAFE!