



HEALTH ALERT



Seasonal Influenza A (H1N1) Previously known as Swine Flu

Look for these symptoms:

FEVER and

- Cough
- Sore Throat
- Runny or Stuffy nose
- Difficulty in breathing

Other symptoms may include:

- Body Aches
- Headache
- Fatigue
- Chills
- Diarrhoea
- Vomiting
- Blood in sputum

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old and pregnant women may be at higher risk for severe illness.

Advice:

1. Do not sneeze or cough directly into bare hands.
2. Cover your mouth and nose with handkerchief while coughing and sneezing.
3. Eat Healthy Diet, Fresh fruits and vegetables.
4. Personal Hygiene, Hand Washing, Covering of mouth while coughing and sneezing is very important.
5. In case of symptoms of high grade fever, difficulty in breathing and cough you should not take self medication, consult your doctor.

**NVBDCP & IDSP
CHANDIGARH**

4th Floor Additional Deluxe Building,
Sector-9, Chandigarh
Ph: 0172-2740408, **Helpline No: 9779558282**
Email: idsp.chandigarh@yahoo.com