

Department of Public Relations, Chandigarh Administration

[www.chandigarh.gov.in](http://www.chandigarh.gov.in)

### Press Note

Chandigarh, Aug 25: A large numbers of H1 N1 Influenza A swine flu cases have been reported from the southern states, Maharashtra and Delhi. Chandigarh has three confirmed case of H1N1 out of the 45 suspected cases.

Assistant Director, Malaria NVBDCP-cum-State Surveillance Officer (Swine Flu), Dr GC Bansal today issued information about the disease. "Swine Flu is transmitted from human to human by infected particles in the air and is not transmitted by pigs. Seek medical advice if affected with symptoms like fever, cough sore throat, diarrhoea, vomiting and difficulty in breathing," he said.

Issuing guidelines about protection from swine flu, Bansal said, "General public is advised to protect themselves and their family from contracting the H1N1 Influenza A (swine flu) by covering the mouth and nose with a handkerchief or tissue while coughing and sneezing. Washing hands frequently and thoroughly with soap and water before and after touching nose, eyes and mouth. Avoid crowded places. Keep at least one arms distance from people affected with symptoms of influenza like cough, running nose, sneezing and fever. Sleep well, stay physically active and effectively manage stress. Drink plenty of water and eat nutritious food. Swine flu is curable."