Press Release

All about swine flu

New Delhi, October 20 2016: Swine Flu or H1N1 influenza is a respiratory viral infection, which strikes like a ‘common-cold’ infection but is more severe in symptoms and the outcomes. The influenza virus mutates extremely fast and is highly infectious. The typical symptoms of Swine flu are cough, sore throat, fever, headache, chills and fatigue. Though usually not life threatening and manageable on an out-patient basis, swine flu can cause complications for patients suffering from existing morbidities like Diabetes, Heart disease, Asthma/COPD, compromised immune system and old age.

Speaking about this, Padma Shri Awardee, Dr. K.K Aggarwal, National President Elect, Indian Medical Association & President, Heart Care Foundation of India said, “In most cases the swine flu attack is mild and requires no admission and special care, it can be treated like a normal viral fever. However, if a patient suffering from existing lifestyle disorders or very young or old individuals become victims of the disease, they must contact their doctor immediately since it can cause complications for them.”

People who need to take extra precautions if found suffering from Swine Flu include:

- Children younger than 5 years of age (particularly those less than 2 years of age)
- Individuals 65 years of age or older
- Individuals younger than 19 years of age who are on long–term aspirin therapy which puts them at risk of Reye syndrome after influenza virus infection
- Pregnant women
- Individuals with any of the following chronic medical conditions:
  1. Chronic pulmonary disease, including asthma particularly if systemic glucocorticoids have been required during the past year
  2. Cardiovascular disease, except isolated hypertension
  3. Active malignancy
  4. Chronic renal insufficiency
  5. Chronic liver disease
  6. Diabetes mellitus
  7. Hemoglobinopathies such as sickle cell disease
  8. Immunosuppression, including HIV infection (particularly if CD4 <200 cells/microL), organ or hematopoietic stem cell transplantation, inflammatory disorders treated with immunosuppressants
  9. Individuals who have any condition that can compromise handling of respiratory secretions (eg, cognitive dysfunction, spinal cord injuries, seizure disorders, neuromuscular disorders, cerebral palsy, metabolic conditions)
  10. Children with an underlying metabolic disorder, such as medium–chain acyl–CoA dehydrogenase deficiency, who are unable to tolerate prolonged fasting
11. Children with poor nutritional and fluid intake because of prolonged vomiting and diarrhea
12. Residents of nursing homes and other chronic care facilities
13. People who have had their spleen removed in the past
14. Patients suffering from obesity

The spread of Swine Flu is very rapid and epidemic. Patients suffering from Swine Flu can transfer the virus into the air when cough or sneeze. When a person comes in contact with these drops or touches a surface (such as a wall, door, tap, sink or any articles like phone/keyboard etc) that an infected person has recently touched, the infection spreads. Thus patients must ensure that they cover their nose and mouth when they cough or sneeze, wash their hands immediately after and stay at home for at least 24 hours after getting the illness.

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About Heart Care Foundation of India
Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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