

Directorate General  
Central Industrial Security Force  
(Ministry of Home Affairs)

Block No.13 CGOs Complex  
Lodhi Road, New Delhi - 03

Medical Branch

M-27018(35)/CISF/Med.Dir/Swine Flu/2009- 1459 - 70

Dated: 11 Aug' 2009

To,

All Sector IsG including Director/NISA & IG/APS

Subject: - Prevention/ Treatment of Swine Flu : Regarding.

The guideline on prevention/ treatment of Swine Flu is given below for further circulation to field units: -

1. Case Definition

- (1) A suspected case of swine influenza A (H1N1) virus infection is defined as a person with acute febrile respiratory illness (fever  $\geq 38^{\circ}\text{C}$ ) with onset:
- *within 7 days of close contact with a person who is a confirmed case of swine influenza A (H1N1) virus infection, or*
  - *within 7 days of travel to community where there are one or more confirmed swine influenza A(H1N1) cases, or*
  - *resides in a community where there are one or more confirmed swine influenza cases.*

2. Epidemiology

2.1 The agent

Genetic sequencing shows a new sub type of influenza A (H1N1) virus with segments from four influenza viruses: North American Swine, North American Avian, Human Influenza and Eurasian Swine.

2.2 Host factors

The majority of these cases have occurred in otherwise healthy young adults.

2.3 Transmission

The transmission is by droplet infection and fomites.

2.4 Incubation period

1-7 days.

2.5 Communicability

From 1 day before to 7 days after the onset of symptoms. If illness persist for more than 7 days, chances of communicability may persist till resolution of illness. Children may spread the virus for a longer period.

### 3. **Sign and Symptoms:**

- Sudden high grade fever over 38 °C
- Pain in throat, running nose
- Headache
- Sneezing
- Cough and difficulty in breathing
- Loose motions
- Bodyache

These symptoms are common to other type of flu also.

### 4. **Confirmation of Diagnosis**

The Diagnosis of Swine Flu is done on the basis of laboratory test of nose and throat sections. The tests are done in government approved laboratory only.

### 5. **Spread of disease (Swine Flu)**

The disease is spread by the virus present in air.

The virus spread in the air by coughing and sneezing by infected person. In the air virus is set on small dust particles, droplets etc. The body parts like hand face also have influenza virus in large numbers and anything used/touched by infected person like shaking hand, bus & car handles, glass, cups, telephone receiver, T.V. remotes, door handles, door knobs, table tops etc will have fair chance of virus to be there and any healthy person touching them may get infected.

### 6. **Treatment**

The cases suspected to be suffering with swine flu to be referred/ report to designated hospital or Govt. Hospital.

Presently available treatment is with Oseltamivir (Tami flu). Use of this drug without prescription of doctor to be avoided.

### 7. **Precautions for prevention of spread of Swine Flu):**

- General cleanliness of the area
- Wearing of face mask
- Avoid crowding
- When talking do not come close face to face.
- When coughing / sneezing cover the face with hands/tissue paper and wash hands/ face with soap immediately. Tissue paper be flushed in the toilet.
- When infected with upper respiratory tract infection and fever, stay indoors and do not mix with other people nor with family members.
- Don't allow others to share your clothes, towel etc.

- Door handles, phone receivers, table tops, water taps, knobs, floors and such items and places which are used/ visited by too many persons be cleaned properly with anti septic solution with water.
- Person involved in public meeting should wear face mask during meeting.
- Medical and nursing personal should wear proper face mask when in hospital and examining/ nursing to infected patients.
- Washing hands with soap is a good safety measures.

Personnel serving in Airport specially for security check duties must take proper precaution.

You are requested to circulate the above guidelines of prevention/ treatment of Swine Flu to all CISF units under your jurisdiction.

**Director/DIG (Medical), CISF**

Copy to (Internal):-

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| 02 | PS. to ADG (HQ) | : For kind information to ADG (HQ) please.                            |
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| 04 | IG/HQrs         | : For kind information please   |
| 05 | IG/Adm          | : -do-  |
| 06 | DIG/OPS         | : -do-  |
| 07 | DC/EDP Cell     | : You are requested to publish this guideline on CISF website please. |