



बृहन्मुंबई महानगरपालिका  
सार्वजनिक आरोग्य खाते



# H1-N1 GUIDELINES

H1-N1 influenza is a contagious acute respiratory disease caused by a virus. Spread of infection is through airborne route. The common symptoms consist of Fever, Cough, Cold, Sore throat, Body ache, Headache, Chills & Fatigue.

## Influenza A H1-N1 is now seasonal

Testing facility is available at Kasturba Hospital, Hafkine Institute & SRL private lab  
Treatment Protocol : Govt. criteria for Treatment & investigation of H1-N1

Sr No.	Category	Chief Symptoms	Swab Collection	Treatment
1	A	Mild Fever (<38° C), Cough, Throat irritation, body ache, headache, diarrhoea & vomiting	Not Recommended	No Oseltamivir Symptomatic Rx Review after 24 hrs, Home isolation
2	B	In addition to above symptoms Fever > 38° C, severe sore throat, running nose	Swabs of <u>selected patients</u> belonging to high risk group	Oseltamivir needed
3	C	In addition to above symptoms Breathlessness, Chest Pain, Hemoptysis, Hypotension, Bluish discoloration of nails, & in children irritation & drowsiness.	Swabs of all patients	Oseltamivir & hospitalization

Pregnant Women, Children Less than 5 years, Elderly People, People with two or more Co Morbid conditions such as HT & DM, Respiratory Disorders, Immuno-compromised patients, Pts on Chemotherapy are High risk category patients.

Oseltamivir is the recommended drug both for prophylaxis & treatment.

**Dose Treatment is as follows :**

Wt. < 15 kg : 30 mg BD for 5 days

15-23 kg : 45 mg BD for 5 days

24-40 kg : 60 mg BD for 5 days

> 40 kg : 75 mg BD for 5 days

**For Infants : Syp Oseltamivir (available as 12 mg/ml)**

< 3 months : 12 mg BD for 5 days

3-5 months : 20 mg BD for 5 days

6-11 months : 25 mg BD for 5 days.



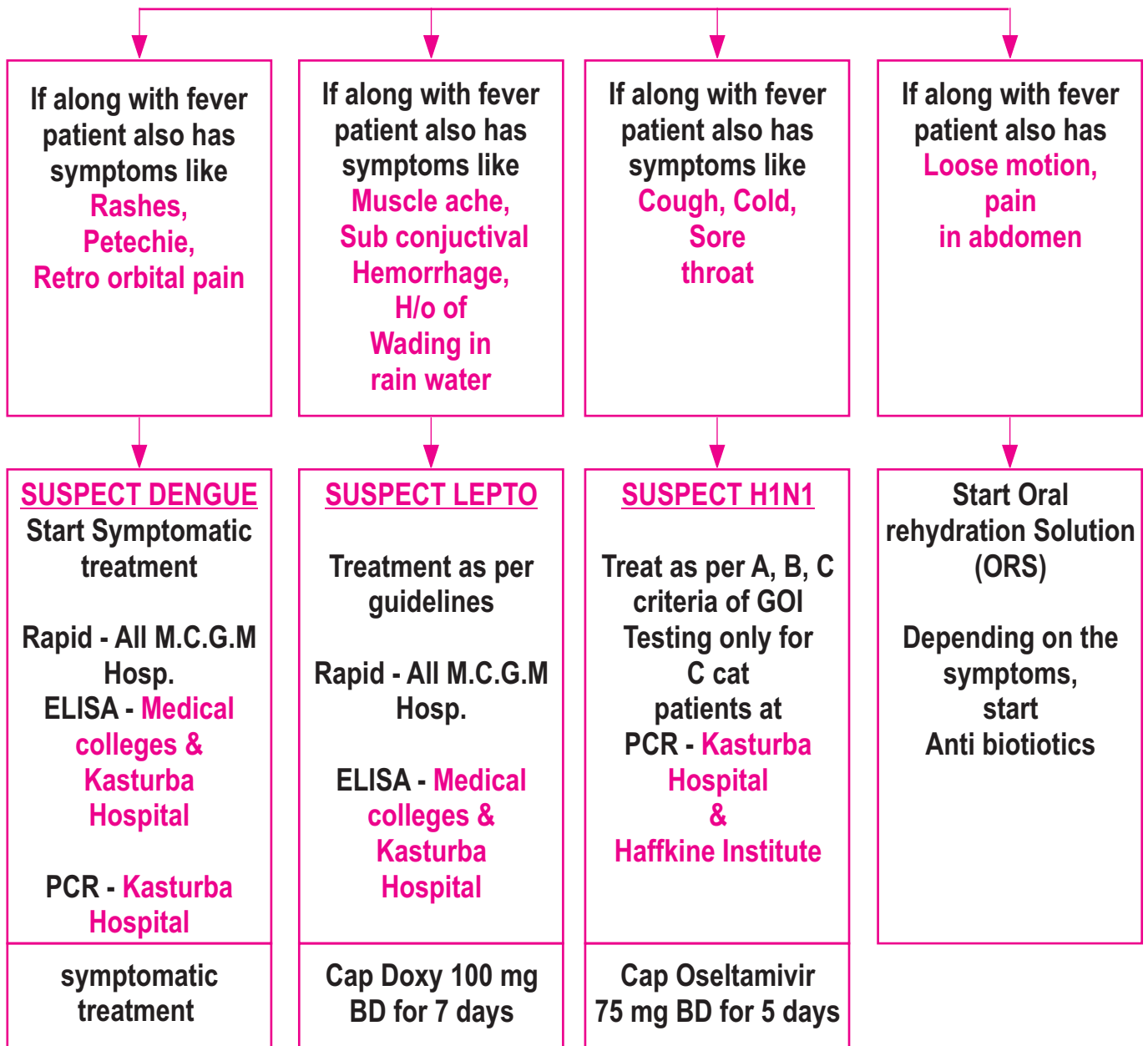


# Protocol for Management of Fever

Any Fever case

Always take Peripheral Smear (PS) to rule out Malaria  
(Start Chloroquine, 4 tabs Start, 4 tabs next day & 2 tabs on 3rd day)

## IF still fever persists



- In any fever case, if you detect symptoms like jaundice, oilguria, difficulty in breathing, refer such patient to hospitals for further management immediately.
- All these diseases are completely curable & have good prognosis if diagnosed & treated early. Treatment can be started before confirming the Laboratory diagnosis.