

## **SWINE FLU ( H1N1 Flu)**

### **What is H1N1 flu?**

Flu is a disease of the respiratory system, including the nose, throat and lungs. Flu is short for “influenza.” H1N1 flu is caused by a new virus that was first recognized in April of 2009, and was called “swine flu.” H1N1 flu quickly spread to many parts of the world and is now a “pandemic,” or global outbreak. H1N1 flu is not the same as swine flu, which is a virus that pigs can get. It is not the same as “seasonal” flu which occurs every year, during the winter and early spring. But H1N1 flu causes symptoms that are similar to seasonal flu, is spread like seasonal flu, and can be prevented like seasonal flu.

### **What are the symptoms of H1N1 flu?**

H1N1 flu symptoms are very similar to seasonal flu symptoms. Most common are fever, cough, and sore throat. Symptoms can also include body aches, headache, chills, runny nose and feeling very tired. Some people also have diarrhea and vomiting. Symptoms last from a few days to up to a week or more.

### **How do I protect myself from getting sick with H1N1 flu?**

- Get vaccinated, especially if you have a medical condition, which makes health complications from the flu more likely.
- Wash your hands often with soap and water or use alcohol based hand gel.
- Cough or sneeze into a tissue or the inside of your elbow if you do not have a tissue. Throw the tissue in the trash and wash your hands.
- Use a regular household cleaner to clean surfaces that might get flu virus on them like door knobs, phones, faucets and toys.
- Stay home from work and school if you get sick with a flu-like illness and avoid contact with others so the virus does not spread. Stay at home until you have been free from fever for at least 24 hours after your last dose of fever-reducing medication (like Calpol, Crocin or Dolo 650mg). For most people this will mean staying at home for about four days.

**Guidelines for swine flue vaccine in Telerad RxDx:**

**NASOVAC TM:** (Serum Institute of India Ltd)

**Indication:** Swine flu

**Formulation:** Inhalation

**About the vaccine:** Live attenuated strains of weakened forms of H1N1 virus

**Prescribing information:** The single dose vaccine, fitted at the top of a syringe, is just to be sniffed once in each nostril, making it a painless prevention. It is a single dose, does not need a booster dose. Age: Above 3 yrs

**Allergies:** egg, gelatin

**Adverse effects:** Very mild reactions may include mild fever and or cold 2-3 days following vaccination.

**Contraindications:** Contraindicated in immune compromised patients, patients with intrinsic asthma, pregnant and lactating women, and children below 3 yrs of age.

**VAXIFLU- S** (Zydus Cadilla)

**Indication:** Swine flu

**Formulation:** IM Injection

**Prescribing information:** Vaxiflu-S comes as a single dose containing hemagglutinating antigen of A/California/7/2009H1N1. Given as IM injection. Used in 18yrs and above only.

**Contraindications:** Patients allergic to egg protein, reactions to previous flu vaccine, immune compromised, and children less than 18 yrs of age, affect on pregnant women is unknown.

**Adverse reactions:** Headache, fatigue, malaise