

Ministry of Health & Family Welfare

Influenza A (H1N1) : Revised Guidelines as on 14.8.2009

In order to prevent and contain outbreak of Influenza-A H1N1 virus for screening, testing and isolation following guidelines are to be followed:

At first all individuals seeking consultations for flu like symptoms should be screened at healthcare facilities both Government and private or examined by a doctor and these will be categorized as under:

Category- A

- Patients **with mild fever plus cough / sore throat** with or without body ache, headache, diarrhoea and vomiting will be categorised as Category-A. They **do not require** Oseltamivir and should be treated for the symptoms mentioned above. The patients should be monitored for their progress and reassessed at 24 to 48 hours by the doctor.
- **No testing of the patient for H1N1 is required.**
- Patients should confine themselves at home and avoid mixing up with public and high risk members in the family.

Category-B

- (i) In addition to all the signs and symptoms mentioned under Category-A, if the patient has high grade fever and severe sore throat, may require home isolation and Oseltamivir;
- (ii) In addition to all the signs and symptoms mentioned under Category-A, individuals having one or more of the following high risk conditions shall be treated with Oseltamivir:

- Children less than 5 years old;
 - Pregnant women;
 - Persons aged 65 years or older;
 - Patients with lung diseases, heart disease, liver disease, kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;
 - Patients on long term cortisone therapy.
- **No tests for H1N1 is required for Category-B (i) and (ii).**
 - All patients of Category-B (i) and (ii) should confine themselves at home and avoid mixing with public and high risk members in the family.

Category-C

In addition to the above signs and symptoms of Category-A and B, if the patient has one or more of the following:

- Breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discolouration of nails;
- Irritability among small children, refusal to accept feed;
- Worsening of underlying chronic conditions.

All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.