



No.: RDO/782/24

Date: 06/08/2024

An advisory on preventing H1N1 virus

This is for information to all concerned that outbreak of swine flu is increasing rapidly now. Swine flu is a viral infection caused by virus (H1N1), spreads by droplet infection from person to person contract or a person comes in close contact with an infected person.

The typical symptoms of Swine flu are as follows:

- Sudden fever, cough, Sore throat
- Headache
- Runny Nose , Sneezing
- Tiredness
- Chills
- Aching muscles
- Limb or joint pain
- Diarrhea or stomach upset, vomiting

Any flu virus is particularly life-threatening to the very young, elderly and those battling disease like AIDS or Cancer, infection, etc.

As prevention is better than cure, so all the stakeholders of the Institute are hereby requested to take the following preventing measures for combat for this disease:

- Wash hands with soap/disinfectants and water.
- Avoid crowded places.
- Stay more than an arm's length from persons afflicted with Flu.
- Get plenty of sleep, drink plenty of water and eat nutritious food.
- Cover mouth and nose with a tissue when coughing and sneezing.
- Regular disinfection of hand contact surfaces such as door handles, taps/faucets and light switches is recommended
- Shake hands or hug in greeting with people having flu symptoms/in general is prohibited.
- Spit in public is prohibited.



In case of suspected Swine Flu or Flu-like symptoms stay at home. Seek advice from doctor or health authority.

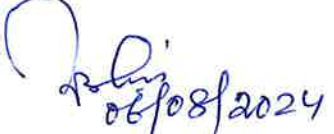
- Do not take medicines without consulting a physician.
- Contact either Institute doctors or doctors at South Howrah Hospital or any other Hospitals.

This is issued with the approval of the competent authority.

Sd/-
(Dr. H.P. Sharma)
Registrar (Acting)

Copy forwarded for information to:

1. PS to the Director
2. All Deans/Heads of the Departments/Schools/Centres
3. Faculty In-charge, Institute Hospital
4. All Officers
5. All Hostels/Halls Wardens
6. Record Section
7. Institute website
8. File copy


06/08/2024
(Dr. H.P. Sharma)
Registrar (Acting)