

SWINE FLU

DO NOT PANIC CONTACT YOUR DOCTOR- FOLLOW PRECAUTIONS.

Definition of Swine Flu - Swine flu is a viral infection caused by virus (H1N1), spreads by droplet infection from person to person.

The typical symptoms are:-

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

But these symptoms alone would not suggest that a person is infected by Swine Flu, as it can be confirmed only after testing.

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

As the flu is now spreading by people-to-people contact, the infection primarily spreads when a person comes in close contact with an infected person.

DO'S AND DON'T FOR THE COMMUNITY:-

Prevent spread of Swine Flu :-

- Wash your 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 your mouth or 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.

Do Not :-

- Shake hands or hug in greeting with people having flu symptoms/in General.
- Spit in public.

In case of suspected Swine Flu :-

- If you feel unwell with Flu-like symptoms stay at home. Do not go to work and seek advice from your doctor or health authority via telephone.
- Do not Take medicines without consulting a physician.
- Contact either DTL doctor or Govt. doctor (List enclosed) or Outbreak Cell (Tel. No. :- 011-2397 1060, 1272 or E mail to -- dirnicd@gmail.com)

LIST OF NOTIFIED GOVT HOSPITALS FOR SWINE FLU TREATMENT

Sl.No.	GOVT Hospitals /name	Nodal officer	Contact No.
1	Dr.Ram Manohar Lohia Hospital (RMLH)	Dr.N.K.Chaturvedi	23747027 23745443 23382727
2	A.I.I.M.S.	Prof. R.K.Sharma	26588389
3	Safderjung Hospital	Dr. R.N.Salhan	26165060
4	Maulana Azad Medical College (MAMC)	Dr. Mahesh Verma	23233925
5	Lady Harding Hospital	Dr.G.K.Sharma	23343984
6	Lok Nayak Jai Prakash Hospital (LNJP) Delhi Gate	Dr. Swaraj Bhatia	23236000
7	G.B.Pant Hospital Delhi Gate	Dr.Manju Sukhla	23237254
8	Hindu Rao Hospital North Campus	Dr. Mathur Kudelfia	23973946
9	Kasturba Hospital	Dr.Pushpa Bhatia	23274275
10.	Aruna Asaf Ali Hospital-5, Rajpur Road		
11.	DDU Hospital (West), Hari Nagar, New Delhi-64.		25494402 25494404
12.	Sanjay Gandhi Memorial Hospital, S.Block, Mangol Puri, Delhi-83, (North West)		27922638
13.	Bala Sahen Ambedkar Hospital (North West) Sec-6, rohini, Delhi-85		22586262
14.	Lal Bahadur Shastri Hospital, Kichri Pur, New Delhi-91		22774145
15.	Pandit Madan Mohan Hospital Malviya Hospital (South), New Delhi-17		26680603
16.	Bhagwan Mahavir Hospital (North West)Pitampura Delhi-34		27034535
17.	National Institute of Communicable Diseases a) Avian Influenza Monitoring Cell b) 24x7 Call Centre (1075)	Dr. Shashi Khare,	23912836 27436070 9899900731 23921401
18	District East Delhi CDMO/Addl. CDMO	Dr. C. M. Sahoo	22374791 9900113035 22374842
19	District South Delhi CDMO	Dr. Meera Hasela	26693339 9871325444
20	District West Delhi CDMO	Dr. S. Senapathy	25255021 9891499941

21	District North Delhi CDMO	Dr. P. N. Acharya	236446687 9818983750
22	District North-West Delhi CDMO	Dr. M.D. Thappa	27861592 9810315979
23	District North-East Delhi CDMO	Dr. P.C. Sahoo	22583568 9971125755
24.	Contact Numbers of Nodal Officers identified by the State / UT Administration, DHS Office (24X7) DELHI	Dr.R.P.Vashist	22307145 (09212222456)
DTL DCOCTORS			
25	Shakti Sadan office, Ground floor,	Dr. Nagesh Yagnik CMO	9540040607(M) 23236603(O) 24693268 ®
26	Shakti Sadan Office , Shakti Sadan Dispensary	Dr. Mrs. K.L. Jena Addl. C.M.O.	9540040702(M) 23236603 (O) 24653131®
27	Kilokari DTL Dispensary	Dr. Kanag Raju C.G. Sr.M.O. Gr-I	9540040701(M) 26345551 (O) 26172428 ®
28	Jhandewal Dispensary	Dr. Roshni Sanghemn L.M.O. JWN	26172428 (R) 23537770
29	Kilokari Dispensary	Dr. Snigdha Priyadarshni M.O, Kilokari	9868364288 (M) 26345551 (R)

DTL DOCTORS

	(M)	(O)	(R)
1. Dr. Nagesh Yagnik, C.M.O. Shakti Sadan	9540040607	23234775	24693268
2. Dr.(Mrs) K.I.Jena, A.C.M.O. , Shakti Sadan	9540040702	23236603	24653131
3. Dr.Kanagaraju C.G. Sr.M.O.,Gr.-I Kilokari	9540040701	26345551	26172428
4. Dr. Roshini Lal Sanghem, L.M.O., JWN		23537770	26172428
5. Dr. S.Priyadarshini , LMO, Kilokari	9868364288	26345551	