

SEASONAL FLU

Seasonal Flu is a contagious disease that can be serious. Act before its too Late.

MODE OF SPREAD



Person to Person



Inhaled Droplets from Coughing & Sneezing



Droplets on Hands & Surface

SYMPTOMS



FEVER



COUGH



SORE THROAT



BODY ACHE



BREATHLESSNESS

PREVENTIVE MEASURES



Cover Nose & Mouth While Sneezing & Coughing



Wash Your Hands regularly With Soap & Water



Avoid Touching your Eyes Nose or Mouth



Isolation of Cases



Drink plenty of Fluids



Avoid Self-medication



Avoid reuse of tissues



Avoid Shaking Hands



Avoid Crowded Places

PEOPLE AT RISK

Pregnant Women

Infants

Old People

Immune Deficient Conditions

Medical & Surgical Illness

On long term Medication

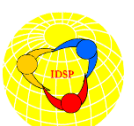


Early Investigation Saves Life



Integrated Disease Surveillance Programme
National Center for Disease Control

22 Sham Nath Marg, Delhi – 110 054
www.idsp.nic.in, www.ncdc.gov.in



Get investigated within 48 hours of getting symptoms