



# Media Scanning & Verification Cell



Media alert from the Media Scanning & Verification Cell, IDSP-NCDC.

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6939	17.08.2022	17.08.2022	Delhi	The Times of India English Newspaper 17 <sup>th</sup> August, 2022/Page No. 02
<b>Title:</b>	<b>Uptick in Swine Flu cases adds to worries; elderly, kids at higher risk, Delhi</b>			
Action By CSU, IDSP -NCDC	Information communicated to SSU- Delhi			

Amid the rise in Covid-19 cases, Delhi is also seeing a sudden surge in Swine Flu infections. Last week, an AIIMS paramedical first-year student died owing to both the novel coronavirus and Swine Flu.

In the last two years, due to the Covid-19 pandemic, not many H1N1 cases were reported. However, with the surge in cases of seasonal flu and influenza, more swine flu infections are getting detected.

“The H1N1 flu virus became a rare entity due to Covid-19. But now we are seeing an increase in cases and severity of H1N1 patients. Before 2020, we usually witnessed an upsurge in cases during winters and sometime after the monsoon. We are observing higher incidence of Swine Flu cases, both in OPD and those requiring hospitalisation,” said Dr Vikas Maurya, director and HOD, pulmonology department, Fortis Hospital, Shalimar Bagh.

Dr Suranjit Chatterjee, senior consultant (internal medicine) at Indraprastha Apollo Hospitals said in the past two weeks, cases of Swine Flu had suddenly peaked. “The symptoms of H1N1 are similar to Covid-19. So, if the Covid test comes negative, we go for H1N1, which is turning positive in many cases. A few people are admitted in the ICU, whom

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**Integrated Disease Surveillance Programme (IDSP), National Centre for Disease Control,  
Ministry Of Health & Family Welfare, Government of India**

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we provide ECMO care. Compared with the past 2-3 years, the numbers are certainly higher,” he added.

Dr Jugal Kishore, head of community medicine department, Safdarjung Hospital, said Swine Flu cases started increasing from August and would continue till February next year. “Older people should get the flu vaccine in April and May every year. Every 2-3 years, the number increases manifold. Swine Flu is mild in nature and the fatality is less,” he noted.

## BEWARE OF THIS VIRUS

Signs and symptoms of flu caused by **H1N1 virus** are similar to other flu strains and can include



Fever, but not always



Cough



Sore throat



Runny or stuffy nose



Watery, red eyes



Bodyache



Headache



Fatigue



Diarrhoea



Nausea and vomiting



Flu symptoms develop about one to three days after you're exposed to the virus

### In children

Difficulty in breathing | Blue lips | Chest pain | Dehydration | Severe muscle pain | Seizures | Worsening of existing medical conditions

### For adults, emergency signs can include

Difficulty in breathing or shortness of breath | Chest pain | Dizziness | Seizures | Worsening of existing medical conditions | Severe weakness or muscle pain

Swine Flu can become severe and fatal in high-risk individuals, like children, elderly, those with comorbidities, pregnant women and immunocompromised patients. The precautions that need to be taken are the same as Covid-19.

“We urge people to undergo the Swine Flu test along with Covid-19 if they experience coughing, severe difficulty in breathing and decrease in oxygen levels. We are testing all patients coming to us with respiratory issues with both Swine Flu PCR and Covid RT-PCR. We are even performing PCR for multiple virus detection. This is to prevent serious damage to the lungs due to lack of right diagnosis and treatment,” said Maurya.

In 2009, H1N1 flu was declared a pandemic by WHO. In August 2010, it was declared over. The H1N1 flu virus is one of the strains that causes seasonal flu. It is recommended to take the influenza vaccine to avoid Swine Flu. “However, its takers have gone down, especially in the past two years. The H1N1 vaccination is almost nil and there is no immunity in the population,” said Kishore.

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