



COMMISSIONERATE

Health and Family Welfare Services, Arogya Soudha, Bangalore

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No : PD/IDSP/Viral diseases/10/2022-23 ; E- 774675

Date: 06.03.2023

CIRCULAR

Sub: Advisory for Influenza (Seasonal Flu)

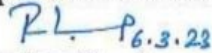
- Ref:
1. Technical meeting held u/c of Hon'ble Minister of Health and Family Welfare Services with Technical Advisory Committee (TAC) members on 06.03.2023
 2. Proceedings of the 196th meeting of the State COVID-19 Technical Advisory Committee (TAC), Dept of HFWS held on 05.03.2023



Seasonal Flu being a contagious disease can spread from person to person through droplets from an affected person's cough or sneeze or through contact of droplets on hands and surfaces. This self-limiting infection lasts for about 5-7 days with minimal morbidity and mortality. Infants, very elderly/old, pregnant women, those with immunodeficient conditions and on long term medication particularly steroids are the high risk population. The seasonal flu can attack all ages, more commonly persons below the age of 15 years and those above 65 years. The symptoms include fever, chills, malaise, loss of appetite, body aches, nausea, sneezing and prolonged dry cough typically in connection with a sudden onset of illness. The high risk population may experience the symptoms up to 3 weeks.

In view of increasing cases of Seasonal Flu, (usually diagnosed as Influenza-A H1N1, H3N2, Influenza-B, RSV and Adeno Virus infections), the prevention and control activities needs to be strengthened. Hence, all District Health Officers are instructed to take following steps:

1. To ensure Regular ILI/SARI surveillance with appropriate sample collection for diagnosis and reporting of the same on IDSP-IHIP portal.
2. To ensure sufficient stock of all required doses of Tab. Oseltamivir for treatment & PPE for use by Health care workers at all the health facilities.
3. To ensure all health care workers working in high risk areas like ICU and isolation wards are vaccinated with Flu vaccine.
4. To ensure compulsory wearing of face mask by all health care workers at Health Care Facilities. (both Public and Private facilities)
5. All SARI death cases with COVID negative test report, should be subjected to panel of tests at the nearest Virus Research & Diagnostic Laboratory (VRDL).
6. To create awareness amongst public regarding the **symptomatic management** of the Seasonal flu that is available at all health care facilities and to avoid self-medication and unnecessary use of antibiotics. Do's and Don'ts for public awareness is annexed.


(Randeep D. IAS)

Commissioner – H&FWS

Copy Submitted for kind information: -

1. Principal Secretary, Health and Family Welfare Department, Bengaluru