

12/09

Directorate General
Central Industrial Security Force
(Ministry of Home Affairs)

Block No.13 CGOs Complex
Lodhi Road, New Delhi - 03

Medical Branch

M-27018(35)/CISF/Med.Dir/Swine Flu/2009/ - 1562

Dated: 02 Sept' 2009

To,

All Sector IsG including Director/NISA & IG/APS

Subject: - **Prevention/ Treatment of Swine Flu : Regarding.**

In continuation to this office letter no. M-27018(35)/CISF/Med.Dir/Swine Flu/2009/1459-70 dated 11.08.2009 on the subject cited above. The health alert, revised guidelines and list of state nodal officers with contact details of control room for Influenza A (H1N1) (Swine Flu), circulated by Ministry of Health & Family Welfare, for the knowledge and action taken by you is as under:-

(1) **Health Alert [Influenza A (H1N1)] (Do's & Don'ts) :-**

Look for these symptoms:

FEVER AND Cough, Sore throat, Runny or stuffy nose

Other symptoms may include:

Body aches, Headache, Fatigue, Chills, Diarrhea, Vomiting

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

Do's & Don'ts

IF YOU THINK YOU HAVE H1 N1 FLU:

- **Stay at home** or in your hotel room if traveling, except to seek medical care. Do not travel or go to work or school.
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue paper when you cough or sneeze.
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with ill persons.**

For more information

- **Visit <http://www.mohfw-h1n1.nic.in>**
- **Contact Director (EMR) 011-23061302**
- **e-mail : direm@nic.in**
- **National Help Line : 1075**
- **Contact your local or state health department**

(2) **Influenza A (H1N1): Revised guidelines as on 14.08.09: -**

In order to prevent and contain outbreak of Influenza-A H1N1 virus for screening, testing and isolation following guidelines are to be followed:

At first all individuals seeking consultations for flu like symptoms should be screened at healthcare facilities both Government and private or examined by a doctor and these will be categorized as under:

Category- A

- Patients with **mild fever plus cough / sore throat** with or without body ache, headache, diarrhoea and vomiting will be categorised as Category-A. They **do not require** Oseltamivir and should be treated for the symptoms mentioned above. The patients should be monitored for their progress and reassessed at 24 to 48 hours by the doctor.
- **No testing of the patient for H1N1 is required.**
- Patients should confine themselves at home and avoid mixing up with public and high risk members in the family.

Category-B

- (i) In addition to all the signs and symptoms mentioned under Category-A, if the patient has high grade fever and severe sore throat, may require home isolation and Oseltamivir;
 - (ii) In addition to all the signs and symptoms mentioned under Category-A, individuals having one or more of the following high risk conditions shall be treated with Oseltamivir (Temiflu):
 - Children less than 5 years old;
 - Pregnant women;
 - Persons aged 65 years or older;
 - Patients with lung diseases, heart disease, liver disease, kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;
 - Patients on long term cortisone therapy.
- **No tests for H1N1 is required for Category-B (i) and (ii).**
 - All patients of Category-B (i) and (ii) should confine themselves at home and avoid mixing with public and high risk members in the family.

Category-C

In addition to the above signs and symptoms of Category-A and B, if the patient has one or more of the following:

- Breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discolouration of nails;

- Irritability among small children, refusal to accept feed;
- Worsening of underlying chronic conditions.

All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.

(3) List of State Nodal Officers and contact details of Control Room: -

STATE	CONTROL ROOM (ADD. & CONTACT)	NODAL OFFICER
ANDHRA PRADESH	Office of The Addl. Director (Health Services), Hyderabad. 040-24656852(T) [24x7]	Dr Ramswarup [09989923781]
ARUNACHAL PRADESH	SSU IDSP, Directorate of Health Services, Naharlagun, Arunachal Pradesh. Tel: 0360-2245460, Telefax:: 0360-2244271 (During office hours)	Dr.L.Jampa [09436055743] [24x7]
ASSAM	Office of the Director (Health Services), Guwahati. 0361-2235577, 0361-2261630, 0361-2261089 [24x7]	Dr Doley 0361-2642008 09854066560
BIHAR	Office of the Executive Director, State Health Society, Sheikhpura, Patna. 0612-2280562, 0612-2281232, 0612-2290322(F) [24x7]	Mr. Santosh Mathew (IAS) Dr D K Gupta (Addl.Nodal officer)- 09430057795 Control Room In-charge (Dr BK Singh: 9470003023)
CHHATISHGARH	State Surveillance Unit (IDSP), Directorate Health services, Old Nurses Hostel, DKS Mantralya Campus,Raipur 0771-2220011, [24x7]	Dr T K Agarwal (Deputy Director, Epidemic)-Nodal officer: 09926624162 Dr S N M Murti (Addl.N.O) 09425564418
GUJARAT	Office of Dy.Director (Epid) Commisionerate of Health Services Block No:5, Dr.Jivaraj Mehta Bhawan, Old Sachivalaya , Ahmedabad, Gujarat Tel: 079-23253334, Fax: 079-23250818, [24X7]	Dr.S.J.Gandhi [09825342899]
GOA	Call Centre: 0832- 2458458, [24X7]	Dr.Tamba (09822123801)
HIMACHAL PRADESH	IDSP Cell, Directorate of Health Services, Kasumti, Shimla-9, Tel/Fax: 0177-2628046 [during office hours]	Dr.Vinod Mehta(09418163500) [24x7]
HARYANA	Office of the Director (Health Services),Sector-6, Panchkula, 0172-2587346, [During office hours]	Dr.Aparajita Sondh (Nodal Officer), 09417931024, [24x7]
JAMMU-KASHMIR	Office of DHS, Srinagar, J& K Tel/Fax. No (0194) 2452697 (main) 2452052,2454706,2430141, (24x7)	Dr.M.Ahmed (09419012355) Dr.Bashir Ahmed Dar (Addl.N.O) (09419017716)
JHARKHAND	RIMS, RANCHI Chamber of Dr. A. K. Mathur (HOD Medicine) (09431176496), (RIMS acting as Control Room)	Dr C.B Sharma (094311740820 Dr.Pradeep Baski (09431102461)
KERALA	Office of Addl.DHS (Public Health), Near Govt. General Hospital Trivandrum TF:(0471) 2466828, [24X7]	Dr. Amar 09447451846 DR. SHAUKAT ALI (Joint Director,NICD)-09447702444 Dr K K Mohammad-09447327569
KARNATAKA	Office of the Director (Health and Family Welfare),Anand Rao Circle, Bangalore-9 Phone no: 080-1056, [24X7]	Dr.Chelluraj 09901060584 Dr.Vasudev Murthi 09880024329

MAHARASHTRA		
Mumbai	Room no.137,First Floor, Swasthaya Bhawan,Mumbai. 022-22029070, 022-22025830, [24X7]	Dr. Gawande (09420711426) Dr Awate-09423337556
Pune	Office of the Joint Director (Health Services), Central Building , Pune, 020-26124299, [24X7]	Dr. Desai-09822429266 Dr. Suresh Bohatre 09881364656
MEGHALAYA	Office of DHS, Medical Institutions Nokrek Bldg. 3 rd Secretariat, Shillong, Meghalaya TF:(0364)2506498 [Office hour only] Control room no 0364-2505842 Civil hospital, Shilling, [24x7]	Dr.R.R.Lanong, (09436102763)
MANIPUR	Medical Directorate, Office of DHS, Manipur Room no-23, Lamphelpat Manipur-795004, 0385-2411668, (9am-6pm)	Dr Bhubon Chandra [09436021607]
MADHYA PRADESH	State Surveillance Unit, Directorate Health Services, Satpura Bhavan, Bhopal 0755-4094192(TF), [Office hours only]	Dr. B N Chauhan 09826282249
MIZORAM	Civil hospital Aizwal, 0389-2322318, 102	Dr Sangawalar 0389-2313721
NAGALAND	SSU IDSP, Directorate of Health Services& FW, T.R .Hill, KOHIMA-797001. Tel:(0370)2245016, [Office hours only]	Dr.Kebichusa (09436000463) [24x7]
ORISSA	State Surveillance Unit, Director of Health Services, Heads of the Department Buildings, Bhubaneshwar. 0674-2390466 (TF), [24x7]	Dr. V. Patnaik 0674-2390466
PUNJAB	Pariwar Kalyan Bhawan, Sector-34A, Chandigarh. Tel:(0172) 2621506	Dr. Deepak Bhatia 09814302403 [24x7] 0172-2621506(0)/0172- 2620234(Fax)
RAJASTHAN	Office of the Director (Public Health), Swasthaya Bhawan, Jaipur. 0141-2225624, 0141-2224831(F)	Mr. R K Meena ,IAS, Principal Sect.(Health)- Nodal Officer Dr. O P Gupta(Addl.Nodal Officer)-0141-2229858 09829333936
SIKKIM	SSU IDSP, Health & F.W. Govt. of Sikkim 03592-204199, [Office hours only]	Dr.Y.D.Chingappa (09832079576) Tel:(03592)204199
TRIPURA	DHS building PN Building, Gurkha Basti, Agartala Tel/Fax:(0381) 2215879	Dr P Chatterjee (09436120711) Dr.R.K. Dhar (09436137652)
TAMILNADU	Office of the Director (Public Health &Preventive Medicine), Central Malaria Laboratory, 359,Annasalai,Chennai-6 044-24321569 (TF), [24X7]	DR. Elango, DHS, (09940610123)
UTTARA- KHAND	Office of DHS, IDSP, 107,Chander Nagar, Dehradun TF: 0135-2721792, 0135-2729897, [Office Hours only]	Dr.Pankaj Jain(09412969502) [24x7]
UTTAR PRADESH	Swasthaya Bhawan,Luknow Control Room No-Tel:(0522)2616482 Fax:(0522)2622819, [24X7]	Dr Pyaremohon Srivastava 0522-2629106(TF) (09415181629)

WEST BENGAL	Chamber of Joint Director (Health Services), Swasthaya Bhawan, Sector-5, GN Block, Kolkata-91 (033)-23571192 [10 am to 7 pm on working days] [11 am to 4:30 pm on Saturday and Holidays]	Dr.Bhaskar Bhattacharya, Jt.DHS 033-23330180 (09831187818)
ANDAMAN AND NICOBAR	G.B.Pant Hospital, Port Blair Tel:03192-230622,233473	Dr.Abhijit Roy,Dy.Director (H) (09474269315) T/F: (03192-232797)
CHANDIGARH	Govt. Multispecialty Hospital, Sector-16, Chandigarh. Call Centre:102, Tel:(0172) 2700255	Mr. H.C. Gera (09988212139) (0172)-2740408
DADRA AND NAGAR HAVELI	Office of DHS, Silvassa. T/F (0260)2642061,2641759 CONTROL ROOM NO- 0260-2642120	Dr.L.M.Patra DHS (09426117593)
DAMAN AND DIU	CHC, Daman. Tel:(0260)2230080, Fax:(0260)2230570, [24x7]	Dr.B.Hansraj (Daman) (09825142600) Dr.Das (Silvassa) Tel:0260-2642961,26422120
DELHI	DHS Office Tel:22307145, (24X7)	Dr.R.P.Vashist (0921222456)/22305657(O),2364 6049(O),23646173(F)
LAKSHADWEEP	Office of DHS, Tel:(04896)262316 [Office hours only]	Dr.K P Hamza Koya (DHS)-Nodal officer(09496429027,04896- 262113) 04896-262089,04896-262209(F) Dr K. Attakoya (Addl.Nodal officer)-04896-262109,262317
PUDUCHERRY	Call Centre:(24X7) Tel: (0413)1070, (0413)1077	Dr.G.S.Naidu (09443729783) Tel:(0413)2249357

You are requested to circulate the above guidelines of prevention/ treatment of Swine Flu to all CISF units under your jurisdiction.

[Handwritten Signature]
02.9.09

Director/DIG (Medical), CISF

Copy to (Internal):-

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| 01 | Sr. PS to DG | : For kind information to DG/CISF please. |
| 02 | PS. to ADG (HQ) | : For kind information to ADG (HQ) please. |
| 03 | PS to ADG (APS) | : For kind information to ADG (APS) please. |
| 04 | IG/HQrs | : For kind information please |
| 05 | IG/Adm | : -do- |
| 06 | DIG/OPS | : -do- |
| 07 | DC/EDP Cell | : You are requested to publish this guideline on CISF website please. |