

In Infection

Do Investigate for H1N1 in COVID Suspected Negative Cases

- Influenza A (H1N1) continues to pose a major challenge to public health, causing many deaths each year and will continue to do so well into the foreseeable future.
- Adults of working age appear to be most seriously affected
- At present many cases are being reported at different parts of India. It is said to be more severe than COVID-19. Recent outbreaks in India relates to H1N1
- In uncomplicated infections, swine flu typically begins to resolve after three to seven days, but the malaise and cough can persist for two weeks or more in some patients.
- Severe swine flu may require hospitalization which increases the length of time of infection to about nine to 10 days.
- Diagnose: H1N1 Acute phase: RT PCR Naso/ Oropharyngeal swab

Treatment

- When indicated, should begin as soon as possible after the onset of typical influenza-like symptoms.
- Four antiviral agents, zanamivir (Relenza), oseltamivir (Tamiflu), peramivir (Rapivab), and baloxavir marboxil (Xofluza), have been reported to help prevent or reduce the effects of swine flu if taken within 48 hours of the onset of symptoms.
- Dose of Tamiflu-75mg BD for 5 days

Dr. NK Singh
MD, FICP, Diabetologist Physician, Dhanbad