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 National Institute of Health
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 WHO Collaborating Center for Research and Training in Viral Diagnostics

MOST URGENT

D. No. 378/.....
 Date 29/12/15
 Section: D.D. (Public Health)
 DGHS Office, KPK

11243
 29/12/15

29/12/15 22nd December 2015

Subject: Advisory for Prevention and Control of Influenza A/H1N1 Infections

The world including Pakistan encountered H1N1 Influenza pandemic during 2009. During August 2010 the WHO affirmed H1N1 post pandemic phase alongwith H1N1 as a seasonal flu virus. The WHO has reported that the virus activity is continuously enhancing in Asia, especially our neighboring countries like China, Hong Kong, India and Iran.

Iran has reported elevated influenza activity, predominantly influenza A(H1N1)pdm09 with at least 22 deaths in south eastern province of Kerman, Sistan and Baluchistan province of Iran. In Pakistan, during last one month, sporadic cases from some parts of KPK and Punjab have been reported influenza A (H1N1) pdm09 virus.

In the wake of the recent upsurge in the number of influenza A (H1N1) pdm09 cases in the neighboring countries (Iran and India), it is imperative to be vigilant in detection of any suspected Severe Acute Respiratory Infection (SARI) cases especially, in elders, very young, overweight / obese, immune-compromised and people with chronic health problems like asthma, diabetes, cardiac & lungs diseases and pregnant women who are at high risk to complicated consequences with H1N1 infection. The Throat swab sample of any such suspected patient should be collected and transported to the National Institute of Health Islamabad under intimation to the Field Epidemiology and Disease Surveillance Division (FE&DSD), NIH may be contacted on Tel: 051-9255237 and Fax No. 051-9255575. Updated guidelines on prevention, control and management are available at www.nih.org.pk.

The objective of this advisory is to sensitize health care authorities to further strengthen and improve the level of preparedness in prevention and control of influenza A (H1N1) pdm 09. Public health measures like hand-washing and cough etiquette can be useful in limiting influenza infection. Health staff must ensure recommended infection control precautions while caring any suspected patient. If someone is sick or have been in close contact with persons sick with flu-like illness, following preventing measures will help to mitigate the H1N1 transmission:

- Frequently washing hands thoroughly with soap and water or hand sanitizer.
- Avoid touching your nose, mouth, or eyes as the virus can survive on telephones, tabletops, etc.
- Take rest, avoid crowds and take other social distancing measures.
- Staying home for young children from School if he/ she is sick and avoid mixing and playing with other children
- Cover your mouth and nose when you sneeze or cough. To avoid contaminating your hands, cough or sneeze into a tissue or the inner crook of your elbow.
- Everyone 6 months of age and older should get a flu vaccine every season.
- Flu shots are approved for use in pregnant women and people with chronic health conditions.

Provincial health Departments are advised to maintain a critical stock of oseltamivir capsules. People at high risk of serious flu complications (such as children younger than 2 years, adults 65 and older, pregnant women, and people with certain medical conditions) and people who are very sick with flu (hospitalized because of flu) should get antiviral drugs. Prompt treatment with antiviral drugs can prevent serious flu complications. Antivirals works best when begun within 48 hours of getting sick, but can still be beneficial when given later in the course of illness.

(Signature)

(Dr. Faraz Malik)
 Executive Director

OFFICE OF THE DIRECTOR GENERAL HEALTH SERVICES KPK, PESHAWAR.

No. 4140-99/PH,

Dated. 01/01/2016

Copy forwarded to the:-

1. Hospital Directors, Medical Teaching Institutions LRH, KTH, HMC, Peshawar & Ayub Teaching Hospital Abbottabad.
2. All District Health Officers in Khyber Pakhtunkhwa Peshawar..
3. All Medical Superintendents DHQ Hospitals in Khyber Pakhtunkhwa Peshawar.

For information & necessary action.

(Signature)
 DEPUTY DIRECTOR PUBLIC HEALTH
 DIRECTORATE GENERAL HEALTH SERVICES
 KHYBER PAKHTUNKHWA, PESHAWAR.
 01/01/2016