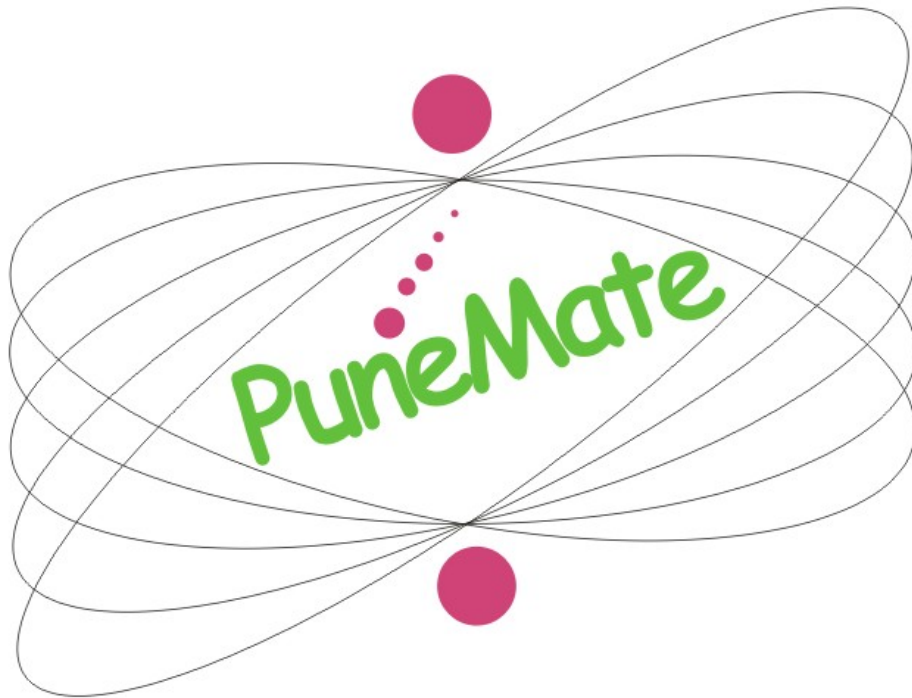


Swine Flu Guide
Compiled by
PuneMate
www.punemate.com

This guide is free. The guide has links to the most important websites in the world giving latest information on Swine Flu. The guide can be used while you are Off-line as well as while you are on-line. For best results it is recommended to use it while you are on-line. The guide also has information and links to websites that help you build resistance against diseases and boost your immune system and make you healthy.



Disclaimer: The information in this guide and this web page and this website(<http://www.punemate.com/>
<http://www.heyiamonline.com>) is for information only and is not intended to be a substitute for the advice of a doctor or a health care professional or a recommendation for any particular treatment plan. It is important that you rely on the advice of a doctor for your specific condition.

Free Guide Swine Flu



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Don't Panic

Don't get stressed by the fear of getting swine flu. Stress can undermine your immune system. The flu doesn't kill everyone and in most cases may prove benign. Good rest, Moderate exercise, Meditation, Yoga, Pranayam and Healthy Nutritious Diet can help keep your immune system in good condition and able to ward off any infections. Not every 'infection' becomes a full blown 'disease'. Most infections are taken care of by your body even before you know that you were infected. Most infections affect gravely those people who are vitally deranged. So instead of panicking about the flu, stay calm and focus on becoming a **healthy 'you'**. **This is a good time to recommit to your own healthy lifestyle, ensuring that you are getting enough rest, eating healthy life-supporting foods, and engaging in practices that reduce the harmful effects of stress on the immune system.**

Keep in mind that if the VIRUS/Bacteria can mutate and become more virulent, then so can you boost your immune system.

What is swine flu?

It's caused by a new swine flu virus that has changed in ways that allow it to spread from person to person -- and it's happening among people who haven't had any contact with pigs. That makes it a human flu virus.

Official it is known as **Novel influenza A (H1N1) and the virus is A (H1N1) Virus**

More details: [WebMD](#)

Swine flu virus now most prevalent strain of flu: WHO

Key Points:

- Evidence from multiple outbreak sites demonstrates that the A(H1N1) pandemic virus has rapidly established itself and is now the dominant influenza strain in most parts of the world," said the WHO in a statement.

While 90 percent of severe and fatal cases occur in people aged above 65 in seasonal flu, most of those who die from swine flu are under the age of 50.

- A "very severe form of disease" affecting the lungs and causing severe respiratory failure among young and healthy people was reported, WHO said, adding that highly specialized care was required.
- Large numbers of such patients could therefore "overwhelm" intensive care units and disrupt the provision of care for other diseases, it warned.
- The UN health agency reiterated that **pregnant women** and those with medical conditions such as **asthma, cardiovascular disease and diabetes** count among the most vulnerable to the flu.

Swine flu cases may hit 1 crore in December

Taken from DNA

Key Points

- Flu is on the upswing, and by December the numbers of those testing positive could cross one crore. Flu cases will rise dramatically as winter nurtures the virus. The numbers could hit 1.5 million by mid-November before climbing to over a crore by the end of 2009.
- Epidemiologists in Delhi and they confirmed that the real spike in H1N1 cases will happen by November-December. The steep climb is in line with the World Health Organisation's projection that 30% of the world's population will be infected by the H1N1 virus during the current pandemic.

What are the symptoms of Swine Flu?

Swine Flu Symptoms

In children emergency warning signs that need urgent medical attention include:

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- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

[Source: Flu.gov](#)

Dos and Don'ts Catch it Bin it and Kill it



Cover your nose and mouth with a disposable tissue when coughing and sneezing



Dispose off used tissues properly, immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



<http://www.punemate.com>



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands

<http://www.punemate.com>



Swine Flu Preventive Measures 1

- Use a **tissue/handkerchief** when you cough or sneeze.
- **Wash your hands thoroughly and often**, especially after sneezing or coughing, using **soap** and water.
- **Wipe surfaces like door-knobs using a regular cleaner** Virus remains on hard surfaces for **2 to 8 hours**.
- If you're sick with flu-like symptoms, go to the doctor.
- Avoid close contact with people who might be ill (Unless you need to take care of the ill yourself) and avoid crowded places.
- Respirators should be considered for use by individuals for whom close contact with an

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YouTube



flickr

digg

facebook

infectious person is unavoidable. This can include selected individuals who must care for a sick person (e.g., family member with a respiratory infection) at home.

- **Avoid touching your eyes, nose or mouth without washing your hands.** Germs spread this way.

Catch it Bin it and Kill it video

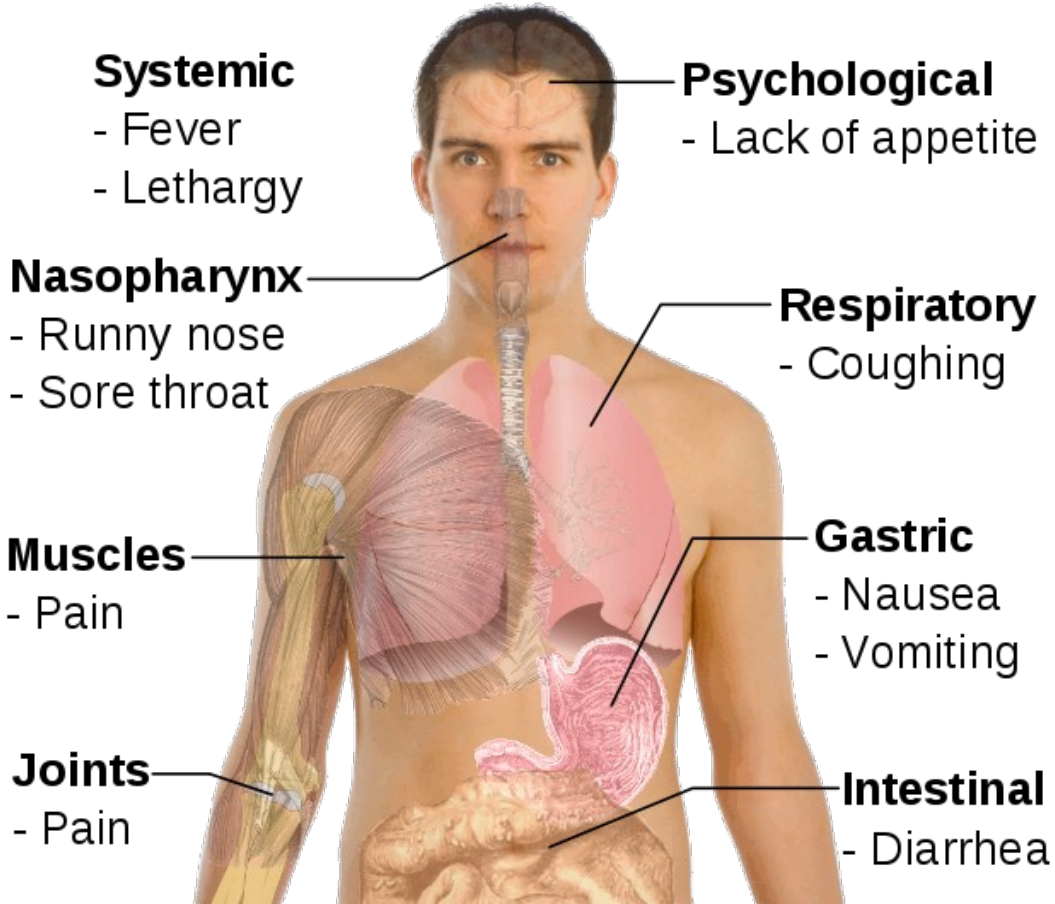


Swine Flu Preventive Measures 2

- **Cover your mouth and nose with your upper sleeve (not your hands)** if you do not have a tissue and need to cough or sneeze.
- Cover your mouth and nose with a tissue when you cough or sneeze; **put the used tissue in a waste basket** and clean your hands.
- Clean your hands as soon as possible after coughing, sneezing, or blowing your nose.
- Use soap and water and **wash your hands for 15 - 20 seconds**; or
- **Use alcohol-based hand wipes** or alcohol-based (60-95% alcohol) gel hand sanitizers; rub these on the hands until the liquid or gel dries.
- Clean your hands often when you or others are sick, especially if you touch your mouth, nose, and eyes.
- **Always clean your hands before eating.**
- **Carry alcohol-based hand wipes** or alcohol-based (60-95% alcohol) hand-sanitizing gels with you to clean your hands when you are out in public.
- Teach your children to use these hygiene practices because germs are often spread at school.

[Swine Flu Symptoms Diagram Courtesy Wikimedia](#)

Symptoms of Swine flu



Swine Flu Symptoms Video



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Treatment:

Tamiflu

TAMIFLU is not a substitute for the flu shot; vaccination is the first line of defense for flu protection.

Swine Flu Vaccine Status in the World

The best prevention measure against swine flu is to get vaccinated. The following links give the status of the swine flu virus vaccine.

[Germany tests swine flu vaccine on volunteers](#)

[Novartis Produces Swine Flu Vaccine](#)

[Swine Flu Vaccine Status In the World](#)

[Baxter completes first swine flu vaccine batches](#)

[Swine Flu H1N1 Vaccine Status in India Serum Institute Pune](#)

[Gulam Nabi Azad says will import Swine Flu vaccine](#)

[Cadila to apply for clinical trials for Swine Flu vaccine](#)

Swine Flu Guide Lines

With swine flu cases continuing to rise sharply, the Union Health Ministry on Saturday issued fresh guidelines specifying screening and testing module for patients to contain the disease in the country. The guidelines were finalized at a high-level meeting chaired by the Health Minister **Ghulam Nabi Azad** last night in connection with the various actions taken by the government for containment and mitigation of H1N1 cases across the country.

During the meeting that lasted for more than five hours till 10 pm last night, the Health Minister also discussed various guidelines and protocols developed by the World Health Organisation in Geneva, Center for Disease Prevention and Control, Atlanta, USA and National Health Service, United Kingdom. The meeting was attended by eminent experts from public and private hospitals/organizations besides senior officers of Health Ministry and Directorate General of Health Services.

As per guidelines, all individuals seeking consultation for flu-like symptoms would be screened at health care facilities -- both **government and private** -- or examined by a doctor and will be categorized broadly under three categories **A, B and C** depending on their **health status**, as per an official release here.

Category-A.

They will be given treatment and isolated as specified in the guidelines. Patients with **mild fever plus cough/sore throat with or without body ache, headache, diarrhoea and vomiting** will be categorized as **Category-A**. They do not require **Oseltamivir (Timiflu)** and should be treated for the symptoms mentioned above.

These patients should be monitored for their progress and reassessed **after 24 to 48 hours by the doctor**. For this category, **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

Category B has two subcategories. **Category BI** is for those patients, who have **high grade fever and severe sore throat** in addition to all the signs and symptoms mentioned under **Category-A**. They may require home

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isolation and Oseltamivir (Tamiflu).

Category BII is for those, who have in addition to all the signs and symptoms mentioned under **Category-A** are having one or more of the following high risk conditions like **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.** They shall be treated with **Oseltamivir (Tamiflu)** but **no tests for H1N1 is required for Category-B (I) and (II).**

However, **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 **Category C**, those patients fall, who in addition to the above signs and symptoms of **Category-A and B**, have one or more of the following problems like **breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discoloration of nails, irritability among small children, refusal to accept food, worsening of underlying chronic conditions.** All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.

The release said that these guidelines will be reviewed and revised from time to time as per need and on the basis of spread of the disease.

Source: Times Of India

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Demystify Swine Flu.

Swine Flu explained visually in plain English. An excellent interactive visual presentation on swine flu that will clear all your doubts regarding swine flu and the H1N1 Virus.

[Swine Flu Interactive Visual Presentation](#)

Dont Panic

Don't get stressed by the fear of getting the swine flu. Stress can undermine your immune system. The flu doesn't kill everyone and in most cases may prove benign. Mild exercise, meditation or yoga and healthy nutritious diet can help keep your immune system in good condition and able to ward off any infections. Not every 'infection' becomes a full blown 'disease'. Most infections are taken care of by your body even before you know that you were infected. Most infections affect gravely those people who are vitally deranged. So instead of panicking about the flu, stay calm and focus on becoming a healthy 'you'.

[HPathy](#)

10 Home remedies to avoid swine flu

The best way to avoid swine flu is to make your immune system stronger. The following article gives you 10 ways for building a stronger immune system and building resistance against diseases.

[10 Home remedies to avoid swine flu](#)

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Homeopathy and Swine flu

[Homeopathy can prevent, cure swine flu Article in times of India](#)

[Natural News](#)

[abcHomeopathy \(Always consult a doctor\)](#)

Ayurveda/Yoga/Unani medicines and Swine Flu

[Deepak Chopra website \(amalaki, ashwaghandha, and guduchi.\)](#)

[Deepak Chopra on building immune system Video](#)

[Swine Flu prevention tips by Swami Ramdev](#)

[Yoga can prevent H1N1](#)

[Government looks at Ayurveda, Unani medicine to prevent flu](#)

[Government of India Ministry of Health and Family Welfare department of AYUSH](#)

Swine Flu Tracker

[World Flu Tracker](#)

Current Phase of Swine Flu

Different phases of swine flu pandemic are discussed in the following link

[Swine Flu status and Phase](#)

Travel related info on Swine Flu

If you are planning a trip abroad the following articles will give you guidance on the care that you need to take to avoid catching flu while traveling.

[Travel related queries answered by WHO](#)

Swine Flu Related Tweets

Enter the world of twitter. Here you will get the latest news on Swine flu even before the news channels. The following websites track swine flu related tweets throughout the world.

[Swine Flu Tweets around the world](#)

[Swine Flu Tweets India](#)

[Swine Flu Twitter](#)

Important videos related to Swine Flu

[Interviews of two swine Flu Survivors and doctors advice on swine flu mask Video](#)

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Indian Government websites giving info on Swine Flu

[Ministry of Health and Family Welfare](#)

[India Gov](#)

[IDSP Integrated Disease Surveillance Project \(IDSP\) INDIA](#)

Important Websites giving info on Swine Flu

[WHO World Health Organization](#)

[Pandemic Flu \(US Government\)](#)

[WebMD](#)

[Medline Plus](#)

Important Phone Numbers in India for Swine Flu Information

All India Toll Free Helpline: 1075 and 1800-11-4377

Outbreak Monitoring Cell: 011-23921401

Pune Hospitals for Swine Flu

Hospitals for Swine Flu Treatment in Pune

Hospitals in Pune for Swine Flu H1N1 Treatment/ Collection of Swabs

Naidu Hospital 020 – 26126242

Near Le Meridian,
Raja Bahaddur Mill ,
Pune 411001

Aundh Civil Hospital 020 – 27280603/2
Aundh

Sahyadri Munhot Hospital (Only Treatment)
Shankersheth Road
Phone 020- 2644661,
 020- 26451691

Swine Flu 24 Hour Control room Pune

Swine Flu Pune

List of 22 hospitals in Pune for Swine Flu (H1N1 Virus) Screening.

Karve Road hospital for Swine Flu (H1N1 Virus) Screening

Erandvana Hospital

Contact: Dr Sarita Ganala (9764000939)

Mhatre Bridge

Late Anandibai Narhar Gadgil Hospital,

Contact: Dr Jyotsana Khole (9422987953)

Ganj Peth

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Late Balaji Rakhmaji Gaikwad Hospital,
Contact: Dr Sandhya Bahule

Narayan Peth

Late Kalavatibai Mavale Hospital,
Contact: Dr Nila Limaye (9881385015)

Lakshmi Road hospital for Swine Flu (H1N1 Virus) Screening

Late Mamasheh Badade Hospital,
Contact: Dr Swati Joshi

Raviwar Peth hospital for Swine Flu (H1N1 Virus) Screening

Hutatma Babu Genu Hospital,
Contact: Dr Dinesh Bende (9421018878)

Koregaon Park hospital for Swine Flu (H1N1 Virus) Screening

Late Bapusaheb Ganuji Kavade Hospital,
Contact: Dr Jaya Bhondave (9922504428)

Ganesh Peth

Late Rohidas Kirad Hospital,
Contact: Dr Chandrashekhar Gujar

Kothrud hospital for Swine Flu (H1N1 Virus) Screening

Late Jayabai Nanasaheb Sutar MaternityHospital,
Contact: Dr Shyam Satpute (9823217047)

Alandi Road

Siddharth Hospital,
Contact: Dr Bhagwant Gagare (9423004811)

Sahakarnagar

Late Shivshankar Pote Hospital,
Contact: Dr Vidya Rajwade (9422520930)

Aundh Road

Late Baburao Genba Shavale Hospital,
Contact: Dr Madhuri Gare (9823224789)

Yerwada

Late Damodar Ravji Galande Hospital,
Contact: Dr Ujjwala Khristi (9730571404)

Shukrawar Peth

Dr Kotnis Health Centre,
Contact: Dr Asmita Bhoi (9850992960)

Shivajinagar

Late Jangalrao Kondiba Amrale Hospital,
Contact: Dr Aparna Gokhale (9823214103)

Swine Flu Hospitals Pune

Timings: 9 am to 12.30 pm. 1 pm to 4 pm and 4.30 pm till checking of the last patient.

Paud Road

Sundarabai Ganpat hospital, near Bharati Vidyapeeth, Paud road

Khadki Swine Flu Hospital

Sanjay Gandhi maternity hospital,
Elphinston road,
Khadki

Hadapsar Swine Flu Hospital

Annasaheb Magar maternity hospital,
Magarpatta,
Hadapsar

Gokhalenagar Swine Flu Hospital
Dr Homi Bhabha maternity hospital,
Deep Bungalow chowk,
Gokhalenagar

Wanowrie Swine Flu Hospital
Namdeo Shivarkar maternity hospital,
Wanowrie

Yerawada Swine Flu Hospital
Rajiv Gandhi hospital,
Yerawada

Kondhwa gaon Swine Flu Hospital
Meena Thackeray maternity hospital,
Kondhwa gaon

Pune Swine Flu 24 Hours Helpline and Swine Flu Help

020-64006095

020-32538626

020-20250050

Swine Flu 24 Hour Control room Pune

Phone 91-20-25501240

91-20-25501270

Hospitals for Swine Flu Treatment in Pune

Hospitals in Pune for H1N1 Treatment/ Collection of Swabs

Naidu Hospital 020 – 26126242

Aundh Civil Hospital 020 – 27280603/2

List of Hospitals in Mumbai for Swine Flu Testing and Treatment

Swine Flu Helpline Mumbai 022-22653460
108

Swine Flu Mumbai

Kasturba Hospital Mumbai, Sane Guruji Marg

Mumbai-11,

Maharastara

(Swine Flu Isolation and critical care)

Dr Umesh Aigal – 09820 935680

Phone 022 23083901/ 02/03/04

Sir J J Hospital Mumbai (Swine Flu H1N1 Testing)

J J Marg,

Byculla,

Mumbai - 08

Phone (022) 23735555, 23739031,

23760943, 23768400 /

23731144 / 5555 / 23701393 / 1366

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Bhagwati Hospital Mumbai

S.V.P. Road
Mandvi
Near Ram Mandir
Mumbai -400003
Phone: 022 28932461

Rajawadi Hospital Mumbai

Rajawadi , Ghatkopar,
Mumbai - 400077.
Tel. :022-25094149

Siddharth Hospital Mumbai

Opposite Motilalnagar Post Office
Motilal Nagar, Mumbai, Maharashtra 400104
Phone: 022 28766886

KB Bhabha Hospital Mumbai

K B Bhabha Hospital Building
Bandra (West), Mumbai, Maharashtra 400050
022 26429828, 022 26422775

M. T. Agarwal Muncipal General Hospital

(Agra road municipal hospital)
Dr. Rajendra prasad road,
mulund (W),
Mumbai 400080
Phone : 022-25605729/30, 022-25640767

Swine flu testing hospitals Bangalore

Bangalore 24 hour swine flu help line: 080-22660000

080-23469520
080-23469521
080-1056

Swine flu testing hospitals Bangalore

Rajiv Gandhi Institute of Chest Diseases and SDS TB Hospital

**Hosur Road,
Near NIMHANS,
Bangalore-29,
Karnataka**

{Isolation and critical care}

Dr. Nagraj- 09448057093
Dr. S. Buggi - 09448042579

Victoria Hospital Swine Flu testing and treatment

**Fort Road
Kalasipalyam
Bangalore-560002
+91-80-26701150**

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+91-80-26703294

Swine flu Hospitals Bangalore

Vaidehi hospital **Swine Flu treatment only**

#82, K.R. Puram Hobli

White Field

Bangalore -560066

+91-080-28413381

+91-080-28413382

+91-080-28413383

Emergency: +91-80-41259032

Mallige Nursing Home **Swine Flu treatment only**

Mariappa Road, Siddapur

Jayanagar

Bangalore - 560011

+91-080-26565678

Mallya Hospital

Vittal Mallya Rd

Bengaluru

+91-080 22277979

Emergency: +91-80-22242325

Ambedkar Medical Institute and Hospital Swine Flu Screening and Treatment

Kadugondanahalli

Bangalore-560045

+91-80-25463442

Hospital St John's Swine Flu Screening and Treatment

St John Nagar,

Bangalore - 080 22065000

St Martha's Hospital Only treatment Swine flu +ve report required

Nrupatunga Road

+91-80-22275081

Fortis RM Hospitals Collection of Swabs

Sampangirama Nagara

+91-80 40200000

Pristine Hospital Testing as well as Treatment

#877, Modi Hospital Road,

II Stage Extension,

West of chord Road,

Bangalore - 560 086.

Ph: 080 - 41354444 (30 lines),

Fax: 080 - 41354455

E-mail: pristinehospitals@pristinehospitals.com

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Swine flu testing hospitals Hyderabad

Government General and Chest Hospital
Erragadda E S I Hospital Road,
S R Nagar, Erragadda,
Hyderabad - 500018
Phone: 040-23814939
SMS with the text 'H1N1HYD' should be sent to 5535
Directions and Location map for Government General and Chest Hospital Hyderabad

Swine Flu testing Hospitals Goa

Cottage Hospital,
Chicalim, Vasco-Da-Gama,
Goa 403802
India, Tel: 0832-2540864
Dr. Disa 9011025036
Dr. Swapnil 9923634183

Swine Flu Testing Hospitals Chennai

Chennai Swine Flu H1N1 Helpline 044-24321569
Hospitals in Chennai for Swine Flu testing and Treatment

King Institute of Preventive Medicine Chennai
 Guindy,
 Chennai – 600032
 (24/7 Service) 044-22501706

Government General Hospital (Treatment only)
 Opp Central Railway Station,
 Chennai – 03
 +91-44-25305000
 +91-44-25305723
 +91-44-25305721
 +91-44-25330300

Communicable Disease Hospital in Tondiarpet, (Treatment only)
 Chennai 87
 T.H. Road
 Tondiarpet
 Chennai -600081
 Opposite Apollo Hospital
 Phone: 044-25912686, 044-25912687,
 044-25912688

Swine Flu Testing Hospitals Pimpri Chinchwad

YCM hospital: 020-27100344

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Markendeya: 9922501311
Roy: 9922501118

Jijamata Hospital Pimpri

Near deluxe cinema
 Pimpri camp,
 Pune 411008
 Phone: 20-27416985

Talera Hospital Chinchwad

Tanaji Nagar,
 Chichwadgaon,
 Chinchwad, -411033
 Maharashtra India

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<http://www.heyiamonline.com/>) is for information only and is not intended to be a substitute for the advice of a doctor or a health care professional or a recommendation for any particular treatment plan. It is important that you rely on the advice of a doctor for your specific condition.

Swine Flu Helpline UK 0800 1 513 513

Help Stop World Hunger without spending a Penny

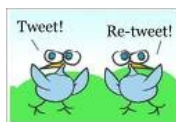
To provide, using the Internet, staple food to chronically hungry Indians so as to enable them to survive, learn and work. Bhookh.com is the India's first online activism site. It gives Internet users the daily opportunity to quickly make a difference to feed Indians who are dying of hunger. In less than 5 seconds, visitors can click on the "Give Free Food" button and, at no cost to them, send food to the hungry. The staple food is paid for by Bhookh.com sponsors. [Times Of India](#)

The Hunger Site

[The Hunger Site](#) is the original click-to-donate site created in 1999 that gets sponsorship from advertisers in return for delivering users who will see their advertisements. The Hunger site encourages visitors to click a button on the site, once per day, asserting that each unique click results in a donation "equivalent" to 1.1 cups of food. The Hunger Site is not a charity; it is a for-profit corporation which donates the revenue from its advertising banner to selected charities. Currently, these are Feeding America (formerly America's Second Harvest) and Mercy Corps.

Source: [Wikipedia](#)

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