

## INFORMATION FOR PUBLIC

### SEASONAL INFLUENZA (FLU)

High grade fever, cough, cold, sore throat, breathlessness, bodyache, vomiting, diarrhoea, are common symptoms of SEASONAL INFLUENZA (FLU).

H1N1 is also a type of Seasonal Influenza (Flu) and is a self-limiting viral disease.

DO's	DON'Ts
<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li><li>• Regularly wash your hands with soap and water</li><li>• Avoid crowded places</li><li>• Stay more than one arm's length distance from persons sick with flu.</li><li>• Take adequate sleep and rest.</li><li>• Drink plenty of water/liquids and eat nutritious food.</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands</li><li>• Hugging, kissing and shaking hands while greeting</li><li>• Spitting in public places</li><li>• Take medicines without consulting a physician.</li><li>• Excessive physical exercise</li><li>• Touch surfaces contaminated with Flu virus</li></ul>

Treatment facility for **Seasonal Influenza** including **H1N1** is available in following hospitals:

<ol style="list-style-type: none"><li>1. Lok Nayak Hospital, Delhi Gate</li><li>2. GTB Hospital, Dilshad Garden</li><li>3. Deen Dayal Upadhyay Hospital, Hari Nagar</li><li>4. Sanjay Gandhi Memorial Hospital, Mangolpuri</li><li>5. Lal Bahadur Shastri Hospital, Khichripur</li><li>6. Pt. Madan Mohan Malviya Hospital, Malviya Nagar</li><li>7. Baba Saheb Ambedkar Hospital, Rohini</li><li>8. Chacha Nehru Bal Chikitsalya, Geeta Colony</li><li>9. Bhagwan Mahavir Hospital, Pitampura</li><li>10. Maharishi Valmiki Hospital, Pooth Khurd</li><li>11. Babu Jagjivan Ram Memorial Hospital, Jahangirpuri</li><li>12. Aruna Asaf Ali Govt. Hospital, Civil Lines</li><li>13. Dr. Hedgewar Arogya Sansthan, Karkardooma</li></ol>	<ol style="list-style-type: none"><li>14. Safdarjung Hospital, Ansari Nagar (West)</li><li>15. Dr. RML Hospital, Baba Kharak Singh Marg</li><li>16. Sucheta Kriplani Hospital, Panchkuian Road.</li><li>17. Airport Health Organisation, Palam</li><li>18. Hindu Rao Hospital, Bara Hindu Rao</li><li>19. Indraprastha Apollo Hospital, Sarita Vihar</li><li>20. Moolchand Khairati Ram Hospital, Lajpat Nagar</li><li>21. Sir Ganga Ram Hospital, Rajender Nagar</li><li>22. St. Stephen's Hospital, Tis Hazari</li><li>23. Balaji Action Medical Institute, Paschim Vihar</li><li>24. Max Super Speciality Hospital, Saket</li><li>25. BLK Super Speciality Hospital, Pusa Road.</li><li>26. AIIMS, Ansari Nagar, New Delhi</li></ol>
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Treatment facility for **Seasonal Influenza** including **H1N1** is available in following laboratories:

<ol style="list-style-type: none"><li>1. NCDC, 22, Sham Nath Marg</li><li>2. Patel Chest Institute, Delhi University</li><li>3. AIIMS, Ansari Nagar New Delhi.</li><li>4. Dr Dang's Lab, Pvt. Ltd, Hauz Khas,</li><li>5. Dr. Lal's Pathlabs, Rohini</li></ol>	<ol style="list-style-type: none"><li>6. Super Religare Laboratory, Preet Vihar</li><li>7. Sequence Referral Laboratories, Janak Puri</li><li>8. Indraprastha Apollo Hospital, Sarita Vihar</li><li>9. Sir Ganga Ram Hospital, Rajender Nagar</li><li>10. Max Super Speciality Hospital, Saket</li></ol>
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*Issued in public Interest by:-*



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