

**Ministry of Health and Family Welfare
Government of India**



Commonwealth Games 2010

Advisory to Participants and Visitors on Pandemic Influenza A (H1N1) (Swine flu)

On 10th August, 2010, Director-General, WHO announced that the H1N1 influenza pandemic has moved into the post-pandemic period and it ceases to be a public health emergency of international concern (in accordance with International Health Regulations 2005). However, WHO mentioned that localized outbreaks of various magnitudes are likely to continue.

Recently there was a surge in pandemic influenza activity in many cities of India including Delhi. However, the activity has peaked and it is now showing a declining trend. As a matter of abundant precaution, the following guidance is issued for the participants and visitors for the Commonwealth Games.

2.1 Before leaving for India

- Ascertain your vaccination status. Keep vaccination record, if already vaccinated.
- Vaccination with H1N1 vaccine is not mandatory.

2.2 During Travel

- If suffering from fever while on flight, contact on arrival, the Help Desk at the Delhi International Airport for assistance.

2.3 During period of stay in India

2.3.1 Look for Symptoms of Influenza A H1N1 (swine flu) :

- Participants and visitors for the Commonwealth Games should be familiar with the symptoms of this disease, namely fever, cough, running nose, sore throat and difficulty in breathing. Participants and visitors need to self monitor their health.

2.3.2 If you think you have symptoms of Flu :

- Consult the medical officer in your contingent. If need be, seek immediate advice from the medical facility provided at the Polyclinic / Competition and Training Venue / Hotel.
- If the advice of the medical doctor is to stay in the Games village, use triple layer surgical mask (which would be provided by the Medical unit). 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.
- Report to nearest identified health facility if symptoms aggravate (high fever, difficulty in breathing, blue colour of the skin or lips, blood in sputum).
- Anyone who contracts pandemic flu during the Games will be given access, free of charge, to consultation, diagnosis and treatment in health facilities notified by the Government.

2.3.3 Follow simple public health measures to prevent spread of H1N1 Flu (Do's and Dont's)

DO:

- Cover your mouth and nose with a handkerchief or tissue 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 crowded places.
- Stay more than an arm's length from persons afflicted with flu.
- Get plenty of sleep.
- Drink plenty of water and eat nutritious food.

DO NOT:

- Shake hands or hug in greeting.
- Take medicines without consulting a physician.

2.4 After reaching back

- Continue to monitor your health for 10 days.
- Report to nearest health facility if you develop symptoms of flu.

For More Information

- Visit <http://www.mohfw-h1n1.nic.in>
- Contact National Help Line - **011-23921401**