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# CATEGORIES

## **CATEGORY A**

- Mild Symptoms: fever, cough, sore throat with or without body ache, headache, diarrhea and vomiting.
- Not a high risk for severe disease.
- Non- pregnant patients. - No testing recommended.
- The patients should be monitored & reassessed at 24 to 48 hours. Confine at home. Patient should avoid mixing up with public and high risk members in the family.
  - Anti Viral therapy not indicated.

# Category B

- All Category A symptoms in high risk group
- Pregnancy, Age <5 & >65yrs, Co morbid conditions: lung diseases, heart disease, liver disease, kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;
- Immunosuppressed: on long term corticosteroid therapy.
- No testing required; should start anti viral therapy.
- The patients should confine themselves at home and avoid mixing with public and high risk members

# Category C

- Category A & B with any of the following:
  - Chest pain,
  - breathlessness,
  - drowsiness,
  - cyanosis,
  - blood stained sputum,
  - hypotension.
- Testing is mandatory; admission to ICU; start anti viral therapy

# *It is advisable to practise*

*Additional good health habits,*  
including...

- ✓ getting adequate sleep,
- ✓ eating nutritious food, and
- ✓ staying physically active.

# ***FIGHT THE FLU***



## ***THE 3 C'S***

### **COVER**

Cover your cough  
and sneeze

### **CLEAN**

Frequently wash your  
hands with soap and  
warm water

### **CONTAIN**

Contain your germs  
by staying home if you  
are sick



# FLU PREVENTION TIPS

**GET VACCINATED** Influenza is the only respiratory virus preventable by vaccination.

**WASH YOUR HANDS**  
Wash them often with soap and water.

**KEEP SANITIZER CLOSE**  
Use it often and tell children and those around you to do the same.

**STAY HOME** Stay home for a full 24 hours after your fever goes away.

**H1N1**  
Prevention  
is Cure

**EXERCISE** It boosts your immune system and speeds recovery from illness.

**DON'T TOUCH YOUR FACE**  
This is the easiest way for germs to get into your body.

**EAT RIGHT** Eating healthy, balanced meals can strengthen your immune system.

**SMILE** Studies show that smiling can help boost your immune system.