



# **Group Campus Placements**

## **And**

# **Swine Flu / H1N1 Pandemic**

**- A word of caution to students  
and Group Campus Placement Organisers**

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## Swine flu / H1N1 Pandemic – An Introduction

The talks about A (H1N1) flu or H1N1 Pandemic (commonly, Swine flu) have been going on for quite some time now and many of us are aware of what to do and what not to. Nevertheless, we think that this article may be necessary as there are many students out there who are yet to know how to tackle this when it comes to group campus placement drives. This assumes increased importance as WHO warns, "**the age groups affected by the pandemic are generally younger**". This is true for those most frequently infected, and especially so for those experiencing severe or fatal illness."

So we have briefed about the DOs and DON'Ts to keep A (H1N1) flu at bay, with regard to group campus placements. We also cover the common symptoms of swine flu in this article. Please feel free to download the pdf file below and share it with all your friends in college and elsewhere - together we can keep Swine Flu at bay!



### Things to know

- WHO has declared A (H1N1) flu as a pandemic (phase 5-6)
- Spreads from human to human via droplets that are expelled when sneezing, coughing or speaking
- 3534 Total affected cases in India (as on 28th Aug 09)
- Masks may not be necessary for all



### Symptoms of Swine Flu

The below symptoms may indicate swine flu. Some of them are very similar to the seasonal flu and you may not be able to differentiate them without medical help.

- Fever - usually high, unlike seasonal flu, may not be present always
- Runny nose or stuffy nose
- Cough and sore throat
- Body aches and Headache
- Chills
- Extreme fatigue or tiredness
- Vomiting and diarrhoea.

The below symptoms would indicate that immediate medical attention would be required

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Flu-like symptoms improve but then return with fever and worse cough

## DOs and DON'Ts

As young college goers, you need to take care of what to do and what not to. This assumes increased importance as WHO [confirms](#) that young population is especially susceptible to the flu. We have included some important points that you need to remember while you are at the group placement drives where a large crowd of students are usually present.



### Dos

- Drink plenty of fluids and eat nutritious food
- Wash you hands with soap and water after out door activities

If you have symptoms

- Stay away from college and please do not attend placement drives where large crowds are usually present
- Stay at home to prevent the spread
- Take rest and get good sleep
- Inform your friends and family and limit contact with others
- When around others, use a mask correctly to prevent spread of droplets
- Cover your mouth and nose while coughing
- Dispose off the tissues you use safely



### DONTs

- Avoid crowded places where ever possible. Say you can opt to stay in an isolated tree shade or corner while you are at a placement drive, do not go too far though.
- Avoid biting the tip of your pen or pencil while your are at the placements drive
- Avoid touching your eyes, nose or mouth
- Avoid using a mask if you are not affected, incorrect usage of mask can spread the flu.
- Avoid taking any self medication



### Masks

You need not wear a mask if you are not infected. In fact incorrectly using a mask can increase the chance of getting infected. Nevertheless, you may use one if you are taking care of some body already affected and dispose it off immediately after use.



### Where to get treatment

You can find details about government authorized hospitals through out India for the treatment of H1N1 Pandemic in the below table. Please make a note of the hospital nearest to your place of stay.

City	Hospital	Address	Contact
Chennai	King Institute of Preventive Medicine (24/7 Service)	Guindy, Chennai – 32	(044) 22501520, 22501521, 22501522
	Communicable Diseases Hospital	Thondiarpet, Chennai	(044) 25912686/87/88, 9444459543
	Government General Hospital	Opp. Central Railway Station, Chennai – 03	(044) 25305000, 25305723, 25305721, 25330300
Pune	Naidu Hospital	Nr Le'Meridian, Raja Bahadur Mill, GPO, Pune - 01	(020) 26058243
	National Institute of Virology	20A Ambedkar Road, Pune - 11	(020) 26006290
Kolkata	ID Hospital	57, Beliaghata, Beliaghata Road, Kolkata - 10	(033) 23701252
Coimbatore	Government General Hospital	Near Railway Station, Trichy Road, Coimbatore - 18	(0422) 2301393, 2301394, 2301395, 2301396
Hyderabad	Govt. General and Chest Diseases Hospital	Erragadda, Hyderabad	(040) 23814939
Mumbai	Kasturba Gandhi Hospital	Arthur Road, N M Joshi Marg, Jacob Circle, Mumbai - 11	(022) 23083901, 23092458, 23004512
	Sir J J Hospital	J J Marg, Byculla, Mumbai - 08	(022) 23735555, 23739031, 23760943, 23768400 / 23731144 / 5555 / 23701393 / 1366
	Haffkine Institute	Acharya Donde Marg, Parel, Mumbai - 12	(022) 24160947, 24160961, 24160962
Kochi	Government Medical College	Gandhi Nagar P O, Kottayam - 08	(0481) 2597311, 2597312
	Government Medical College	Vandanam P O, Allapuzha - 05	(0477) 2282015
	Taluk Hospital	Railway Station Road, Alwaye, Ernakulam	(0484) 2624040 Sathyajit - 09847840051
	Taluk Hospital	Perumbavoor PO, Ernakulam 542	(0484) 2523138 Vipin - 09447305200

City	Hospital	Address	Contact
Gurgaon & Delhi	All India Institute of Medical Sciences (AIIMS)	Ansari Nagar, Aurobindo Marg Ring Road, New Delhi - 29	(011) 26594404, 26861698 Prof. R C Deka - 9868397464
	National Institute for Communicable Diseases	22, Sham Nath Marg, New Delhi - 54	(011) 23971272 /060/344/524/449/326
	Dr. Ram Manohar Lohia Hospital	Kharak Singh Marg, New Delhi - 01	(011) 23741640, 23741649, 23741639 Dr. N K Chaturvedi – 9811101704
	Vallabhai Patel Chest Institute	University Enclave, New Delhi- 07	(011) 27667102, 27667441, 27667667, 27666182
Bangalore	Victoria Hospital	K R Market, Kalasipalayam, Bangalore - 02	(080) 26703294 Dr. Gangadhar - 94480-49863
	SDS Tuberculosis & Rajiv Gandhi Institute of Chest Diseases	Hosur Road, Hombegowda Nagar, Bangalore - 29	(080) 26631923 Dr. Shivaraj - 99801-48780



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