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Media alert from the Media Scanning & Verification Cell, IDSP-NCDC.

Alert ID	Publication Date	Reporting Date	Place Name	News Source/Publication Language
6236	03.08.2021	03.08.2021	Raipur Chhattisgarh	www.dailypioneer.com/English https://www.dailypioneer.com/2021/state-editions/swine-flu-scares-grips-state.html
Title:	Swine flu scares grips in district Raipur, Chhattisgarh			
Action By CSU, IDSP -NCDC	Information communicated to DSU- Raipur, SSU- Chhattisgarh			

Chhattisgarh has reported three cases of swine flu (H1N1virus) in Raipur, and experts warn it can take the form of a pandemic.

The best way to beat swine flu is by wearing a mask, Dr Subash Mishra, Director (Epidemic), told the media here on Monday.

The flu is also a viral disease, which causes symptoms similar to the regular flu. These include cough, fever, sore throat, stuffy or runny nose, body aches, headache, chills as well as fatigue, Dr Mishra said.

He said it can lead to more serious problems including pneumonia and breathing problems including shortness of breath, severe vomiting, pain in stomach or sides, dizziness or confusion.

It is more likely to worry those who suffer from diabetes or asthma.

The disease spreads when those infected cough or sneeze, spraying tiny drops of the virus in the air.

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Disclaimer:- This is a media alert subject to verification.

**Integrated Disease Surveillance Programme (IDSP), National Centre for Disease Control,
Ministry Of Health & Family Welfare, Government of India**

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If a person comes in contact with these drops or touches a surface where the drops landed or materials used by an infected person, he or she could catch swine flu, Dr Mishra added.

He said the incubation period is around seven days.

In Chhattisgarh, the testing facilities have been extended at AIIMS, Raipur, and Jagdalpur- based Medical Colleges.

“Following the Covid-19 appropriate behaviour of wearing a mask, washing hands and keeping physical distance is the golden rule to prevent swine flu also,” Dr Mishra said.

Those infected should take rest, intake large quantities of fluid and remain in isolation for seven days.

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