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Title:	Severe virus strain leading to longer spells of fever in Delhi			
Action By CSU, IDSP -NCDC	Information communicated to SSU-Delhi			

The change of seasons has led to a spate of viral illnesses in the city.

In the last week, doctors say the number of patients visiting hospitals with fever, sore throat, cough and general weakness — the characteristic symptoms of viral illnesses — have gone up significantly. "Almost every third patient visiting the OPD has viral illness," said Dr Rommel Tickoo, senior consultant, internal medicine at Max Saket.

Usually, fever caused by seasonal viral illnesses subsides in a couple of days. But, the doctors say, many patients are complaining of fever continuing for three to four days. "Multiple viruses can cause fever, sore throat and other symptoms. It is possible that this time influenza A virus, which is relatively more severe, is predominant. This may be leading to a longer spell of fever in patients," said Dr Arup Basu, senior consultant, department of chest medicine at Sir Ganga Ram hospital.

He added that children, elderly and people with co-morbidities such as diabetes and heart disease should be extra careful.

Save Water- Save Life, Save a tree- Don't print unless it's really necessary!

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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एक कदम स्वच्छता की ओर

Viruses are transmitted in two ways — through the air and by consuming infected food or water. Common cold, flu and respiratory infections usually spread through air when an infected person coughs or sneezes. The best way to avoid catching the infection is to maintain hand hygiene and stay away from an infected person, say doctors.

If the fever and sore throat last for more than 48 hours, one should always consult a doctor, says Dr R K Singhal, director of internal medicine at BLK super specialty hospital.


Change of seasons also increases the risk of upper respiratory infection and allergy. With the onset of winter, there is wide variation in the day and the night temperature which, doctors say, is most suitable for bacterial growth and transmission of viral infection. "Air pollution, which is on the rise in the city, makes the symptoms of viral illnesses worse and recovery even longer," say doctors.

Next week, Delhi is set to host a marathon run. It is advised that the participants should check the weather forecast and prepare themselves accordingly. "If pollution level is significantly high, those with pre-existing respiratory illnesses may need to reconsider running for long," doctors advise.

VIRAL ILLNESS ON RISE STAY SAFE THIS SEASON


Who is at maximum risk
Elderly, children and chronically ill patients

Symptoms
Fever, cold, cough, sore throat, running nose, diarrhoea, vomiting and intestinal problems



How it spreads
Virus spreads through droplets when an infected person sneezes or coughs

<p>Precautions to be taken Have healthy food to boost immunity, sleep well and avoid crowded places</p>	<p>When to contact a doctor Flu tends to get better in 4-5 days. However, one should consult a doctor if symptoms continue longer</p>	<p>Treatment Preventive vaccines are advised for high-risk people. Treatment is mostly symptomatic</p>
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