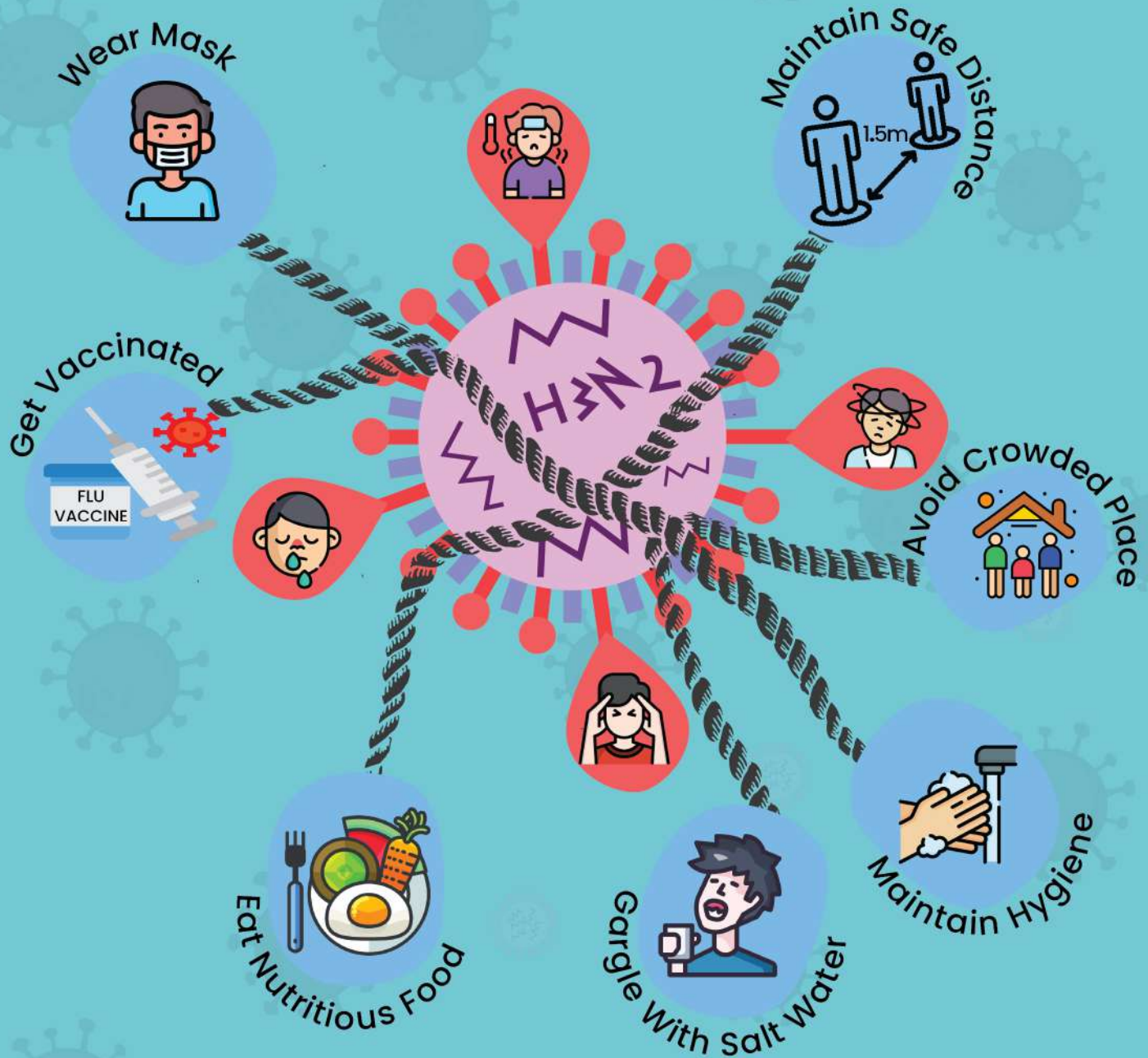


H3N2 INFLUENZA (FLU) & IT'S PREVENTION



Dr. Suman Mor
Dr. Ravindra Khaiwal



स्नातकोत्तर चिकित्सा शिक्षा एवं अनुसंधान संस्थान, चण्डीगढ़- 160012 (भारत)
**POSTGRADUATE INSTITUTE OF MEDICAL EDUCATION & RESEARCH,
CHANDIGARH -160012 (INDIA)**

Phone: 0172-2748363, 2755556 Email: dpgi@pgimer.edu.in
Website: <http://pgimer.edu.in>

Prof Vivek Lal
MD(Med) DM(Neuro)

DIRECTOR
Professor & Head,
Department of Neurology



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FOREWORD

As the world grapples with the novel coronavirus pandemic, we must remain aware of other viruses and illnesses that can affect us. The H3N2 is one such virus that can cause serious illness, particularly in young children and the elderly. However, we do not need to panic because the mortality rate due to H3N2 infection is very low. Further, by adopting simple preventive measures, we can reduce the risk of infection and its severity.

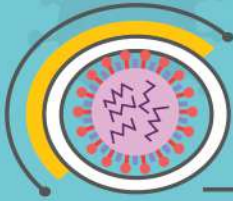
I am pleased to inform you that the PGIMER, Chandigarh, is actively involved in the surveillance of influenza-like illness (ILI) and severe acute respiratory infections (SARI) as a part of the Indian Council of Medical Research (ICMR) network, and cases are being reported to the Health Ministry on near real-time basis. The monitoring and tracking of cases help to meet public health needs. The institute has adequate logistics to manage the increasing seasonal influenza cases.

H3N2 is a type of influenza virus that is related to seasonal flu. It is highly contagious and can cause severe illness, particularly in young children and the elderly. It can spread from person to person through contact with infected surfaces and the air. This infographic booklet is designed to educate readers about the H3N2 virus and provide basic information about symptoms, preventive strategies, home-based care and enhancing immunity to restrict the spread of the disease.

I applaud the efforts of Prof. Ravindra Khaiwal, Department of Community Medicine and School of Public Health at Post Graduate Institute of Medical and Research, Chandigarh and Dr. Suman Mor, Department of Environmental Studies at Panjab University, Chandigarh, for their creative public awareness booklet on H3N2. I noticed this guidebook covers strategies for reducing the transmission risk of H3N2 influenza, including severity and aiming to promote health through hygiene education.

Ravindra Khaiwal
16/3/23
Prof Vivek Lal

INDEX



**WHAT IS H3N2
INFLUENZA (FLU)**

SYMPTOMS OF H3N2



DO'S & DON'TS

**PREVENTION OF H3N2
INFECTION**



**WHEN TO VISIT A
DOCTOR**

DIAGNOSIS OF H3N2



**HOME PRACTICES TO
COMBAT THE H3N2**

**ENHANCING IMMUNITY
TO FIGHT H3N2**



**HOW IS H3N2 DIFFERENT
FROM COVID-19?**

Disclaimer-This booklet is based on current knowledge & may need to be updated with emerging evidence.



WHAT IS H3N2 INFLUENZA (FLU)?

Influenza is a seasonal flu caused by a highly contagious multiple viral respiratory pathogens.

Since then, researchers have identified four distinct types of influenza virus: A, B, C & D.

Type A is the most common & responsible for most epidemics & pandemics of influenza.

The mortality rate associated with the infection is quite low at 0.2 per 100,000 population, so there is no need for undue panic.

Influenza, or the flu, has been a part of human history for centuries. The virus was first identified in the early 1900s

H3N2 is a subtype of influenza A virus first identified in 1968.

It is a type of RNA virus in the family Orthomyxoviridae & can cause mild to severe respiratory illnesses.

This virus can infect birds, humans mammals, pigs & has mutated into various strains.

High Risk Population



Pregnant Women



Immune Deficient Population



Infants



Senior Citizen



Medical & Surgical Sick



People on Long Term Medication

SYMPTOMS OF H3N2

COMMON SYMPTOMS



PERSISTENT FEVER



COUGH



RUNNY NOSE



SORE THROAT



BODY PAIN



BREATHING DIFFICULTY

OTHER SYMPTOMS



CHILLS & SWEATS



CHEST PAIN



FATIGUE



DIZZINESS



HEADACHE



NASAL CONGESTION

H3N2: DO'S & DON'TS

DO'S

Wear Face Mask



Avoid Crowded Place

Cover your Face While Sneezing



Drink plenty of water

If you experience body aches, may take paracetamol



DON'TS

Don't spit in open



Don't touch your eyes, nose & face

Don't take medication without prescription



Don't shake hands

PREVENTION OF H3N2 INFECTION



H3N2: WHEN TO VISIT A DOCTOR?

If you experience difficulty in breathing (in adults)



If you experience difficulty in swallowing food (in children)

If your symptoms don't improve within two weeks



If your oxygen saturation (SpO₂) is below 90%

If your fever improves but then suddenly worsens.



If you are experiencing pain in a single area, such as your ear, chest, or sinuses

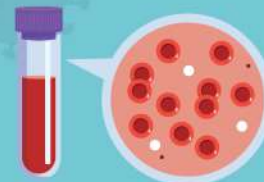
DIAGNOSIS OF H3N2

Reverse transcription test-polymerase chain reaction (RT-PCR): Highly sensitive & specific method of detecting the virus in nasal secretions, BAL fluid or cell culture supernatant.



Rapid antigen tests: Detect the virus in nasal secretions, results in as little as 15 minutes.

Serological tests: Measure the presence of antibodies to the virus in the blood.



Viral culture: Confirm the presence of the virus & is the gold standard for diagnosing the virus.



HOME PRACTICES TO COMBAT H3N2



Drink Fluids: Fluids are essential for keeping your body hydrated & helping it fight the infection. Drink plenty of water, juice, & herbal tea.



Avoid Smoking & Alcohol: Smoking & alcohol can weaken your immune system & make it harder for your body to fight the virus



Eat Nutritious Foods: Eating a healthy diet can boost your immune system & help your body fight the virus. Focus on eating plenty of fruits, vegetables, & other nutrient-dense foods.



Gargle with Salted Water: Gargling with salt water can help reduce inflammation & irritation in the throat.



Avoid Over-the-Counter Medications: Over-the-counter medications should be avoided & if necessary, take dosage of paracetamol. Consult your physician before any medication.



Get Plenty of Rest: Make sure to get plenty of rest & allow your body to recover from the virus.

ENHANCING IMMUNITY TO FIGHT H3N2

Eat a healthy diet: Eating a balanced diet is essential for a strong immune system. Eat plenty of fruits, vegetables, whole grains & lean proteins.



Exercise regularly: Exercise strengthens the immune system by improving circulation & releasing endorphins, which can help reduce stress.

Get adequate sleep: Sleep helps your body to repair & regenerate cells. Good sleep is important for maintaining a healthy immune system.



Improve Lifestyle: Improved lifestyle by adopting healthy habits can help to reduce & manage stress.

Avoid smoking: Smoking can weaken your immune system & make you more vulnerable to viruses.



Wash your hands often: Washing your hands frequently is one of the most effective ways to prevent the spread of viruses.

Get vaccinated: Vaccines are one of the best ways to prevent the spread of infections, including influenza.

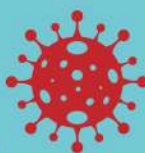


HOW IS INFLUENZA H3N2 DIFFERENT FROM COVID-19?

H3N2



COVID-19



CAUSE

Caused by the Influenza A virus subtype H3N2

Caused by the novel coronavirus SARS-CoV-2

SYMPTOMS

Fever, runny nose, sore throat, headache, muscle aches, fatigue, chest pain, & cough

Fever, dry cough, fatigue, loss of smell & taste

TRANSMISSION

Spread through close contact & airborne droplets

Spread through close contact, respiratory droplets & contaminated surfaces

DURATION

Symptoms last for about a week

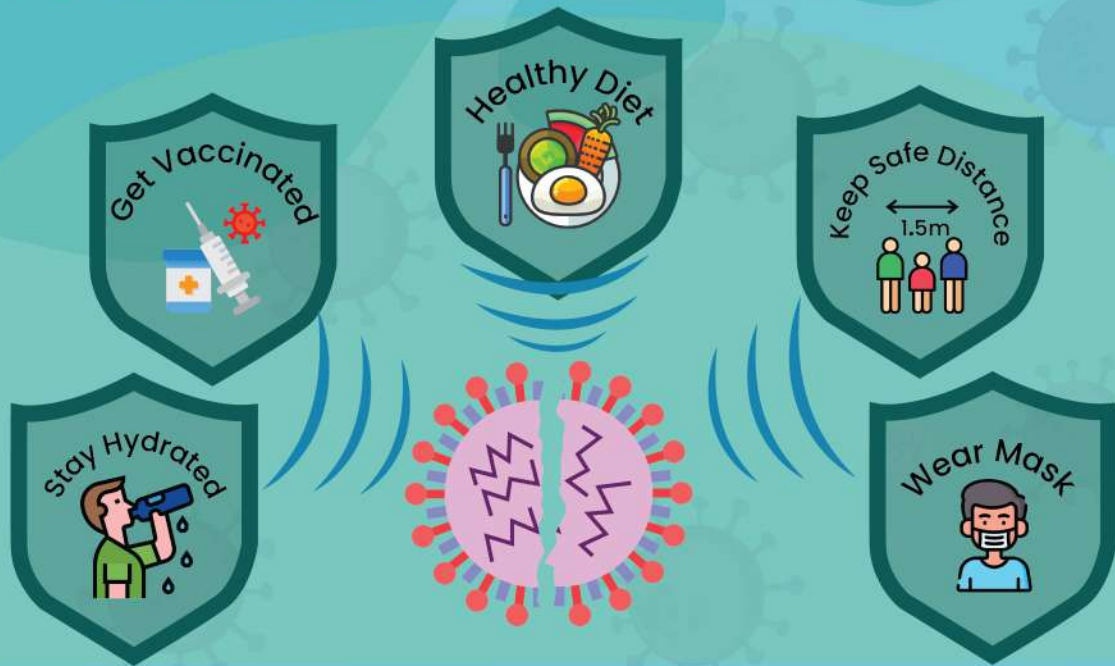
Symptoms may last for several weeks

COMPLICATIONS

Severe respiratory illness & other complications such as pneumonia and bronchitis

Severe respiratory illness, blood clots, & organ failure

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This infographic aims to raise awareness about the risks of the H3N2 Influenza A Virus and provide information on how to prevent & protect against it. This booklet focuses on preventive measures, safety precautions, & symptoms to be aware of concerning H3N2 virus. This virus is highly contagious, but the mortality rate is low, so there is no need to panic. Simple preventive measures can help to protect against the virus & reduce its severity.

ABOUT THE AUTHORS



Dr. Suman Mor

Associate professor
Department of Environment Studies
Panjab University, Chandigarh, 160014,
India

sumanmor@yahoo.com



Dr. Ravindra Khaiwal

Professor of Environment Health
Department of Community Medicine
& School of Public Health
PGIMER, Chandigarh, 160012, India

khaiwal@yahoo.com

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