



# WATCH THAT FLU, IT CAN BE SWINE!

**Himadree**



If the scorching heat was not enough, the Capital has yet another problem to deal with — the Swine flu, an H1N1 virus.

Now that it has been declared a pandemic by health officials world over, city doctors say that preventive measures have to be taken. "There is nothing scary about it, it's like any other viral flu. One will suffer from body aches, low fever and cough," says Dr Tarun Sahani, senior consultant at Indraprastha Apollo Hospital. Dr Viveka Kumar, cardiologist at the Max Superspeciality Hospital advises "washing your hands or covering your face when someone nearby sneezes" to safeguard yourself.

So far, no vaccine has been processed to counter the H1N1 virus. However, a vaccine is expected to release in July, says Anuradha D. Bohidar, Head, External Communications, Baxter India. Dr Anuradha says that their team is working with a number of global health authorities. Right now, anti-viral treatments are being used to deal with the patients." She further advises, "The patient has to be kept in isolation so that the other person is safe. Since it is an airborne disease, one has to cover cut marks and injuries."

Dr Mukesh Batra of Dr Batra's Positive Health Clinic says, "Homeopathic medicines like Oscilloccinum and Influenzinum had been used when an infectious flu had spread years ago."

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