

# Ministry of Health & Family Welfare

## Seasonal Influenza

### Guidelines on categorization of Seasonal Influenza cases during screening for home isolation, testing, treatment and hospitalization (Revised on 18.10.2016)

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In order to prevent and contain outbreak of Influenza virus the following guidelines for screening, testing and isolation are to be followed:

At first all individuals seeking consultations for flu like symptoms should be screened at healthcare facilities both Government and private or examined by a doctor and these will be categorized as under:

#### Category- A

- Patients **with mild fever plus cough / sore throat** with or without bodyache, headache, diarrhoea and vomiting will be categorized as Category-A. They **do not require** Oseltamivir and should be treated for the symptoms mentioned above. The patients should be monitored for their progress and reassessed at 24 to 48 hours by the doctor.
- **No testing of the patient for Influenza is required.**
- Patients should confine themselves at home and avoid mixing up with public and high risk members in the family.

#### Category-B

- (i) In addition to all the signs and symptoms mentioned under Category-A, if the patient has high grade fever and severe sore throat, may require home isolation and Oseltamivir;
- (ii) In addition to all the signs and symptoms mentioned under Category-A, individuals having one or more of the following high risk conditions shall be treated with Oseltamivir:
  - Children with mild illness but with predisposing risk factors.
  - Pregnant women;
  - Persons aged 65 years or older;
  - Patients with lung diseases, heart disease, liver disease

kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS;

- Patients on long term cortisone therapy.
- **No tests for Influenza is required for Category-B (i) and (ii).**
- All patients of Category-B (i) and (ii) should confine themselves at home and avoid mixing with public and high risk members in the family.
- Broad Spectrum antibiotics as per the Guideline for Community-acquired pneumonia (CAP) may be prescribed.

### **Category-C**

In addition to the above signs and symptoms of Category-A and B, if the patient has one or more of the following:

- Breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discolouration of nails;
- Children with influenza like illness who had a severe disease as manifested by the red flag signs (Somnolence, high and persistent fever, inability to feed well, convulsions, shortness of breath, difficulty in breathing, etc).
- Worsening of underlying chronic conditions.

All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.