



INTEGRATED DISEASE SURVEILLANCE PROGRAMME 2014-15

H1N1 EPIDEMIC

Health Advisory:



1. Students/family members studying or staying outside the state especially in the affected states like Rajasthan, Delhi, Gujarat, M.P, Maharashtra, Karnataka, Telangana, Andhra Pradesh etc should be advised to follow all Preventive & safety measures.
2. People travelling out of Nagaland due to unavoidable circumstances should strictly follow safety measures like wearing triple layered surgical masks, good hygiene, good sleep, good diet & plenty of fluids.
3. Travelers commuting to Nagaland from outside should maintain vigil of their health & report to the nearest health centre at the earliest (should they develop symptoms of cough & cold with fever)
4. Due to changes in the weather conditions, the public are advised to avoid exposure to dust, rain & pollution (Especially people suffering from chronic asthma, chronic bronchitis, underlying respiratory disorders, Immune deficiency disorders, pregnant women, children below 5 years of age & persons with organ transplants etc who are considered under HIGH RISK CATEGORY).
5. Vaccination is recommended for the people under High Risk Category (after consulting a registered medical practitioner).
6. Please contact the Chief Medical Officer/Medical superintendant of the respective district for any query or assistance.
7. Should there be any query, the Deptt. Of H & FW, Nagaland can be reached at : **State surveillance unit, IDSP (DHFV), Kohima, Nagaland:**
 1. Help Line - 08413095255
 2. E-mail: nlssu.idsp@nic.in

Issued in public interest by:-

State Nodal Officer (IDSP)
Health & Family Welfare
Kohima, Nagaland