

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)

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.