

**HEALTH CENTRE
NATIONAL INSTITUTE OF TECHNOLOGY
KURUKSHETRA-136119**

No. HC/ 2023/101

Date: 13.03.2023

ADVISORY FOR STUDENTS AND STAFF, NIT KURUKSHETRA

The cases of seasonal influenza are increasing in the OPD of our Health Centre. A new strain Influenza A sub type H3N2 is the major cause of illness globally. The major symptoms of this strain are:

1. Running nose.
2. Fever with body pain/Headache.
3. Dry irritating prolonged cough.

To prevent the spread, the following advisory should be followed:

- Social Distancing.
- Wearing mask.
- Avoid crowding in public places.
- Frequent hands wash with soap and water/sanitize.
- If the above mentioned symptoms develops, then visit the Health Centre with mask for management.

***Please go through the advisory issued by ICMR (copy enclosed) & display this advisory on your respective Notice Boards.**


13/3/2023
Senior Medical Officer

Copy to :

1. All Heads of Departments/Sections. *(provide circulate)*
2. All Deans
3. Chief Warden (Hostels) *(to all ")*
4. P.A. to Registrar for kind information of the Registrar.
5. P.A. to Director for kind information of the Director.

*Put a copy on website to
Ravinder, to circulate to
all faculty (teaching/non teaching)*

Jan
14.03.23

Do's and Dont's for Infection prevention and control

Do's



Wash hands with soap and water
If symptomatic



wear masks & avoid crowded places



cover mouth & nose while sneezing & coughing



avoid touching eyes and nose



take plenty of fluids



take Paracetamol for fever and bodyache

Dont's



Shake hands or use other contact greetings



Spit in public



Take antibiotics or other medicines without consulting a doctor



Eat together sitting close to others



icmr
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MEDICAL RESEARCH



Department of Health Research
Ministry of Health and Family Welfare
Government of India