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MESSAGE

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Sikkim remains at outer periphery in the spread of Influenza A (H1N1) virus. However, Sikkim has embarked upon a series of preparatory steps to meet the pandemic challenge. Inter-Departmental co-ordination meetings have been convened at the Ministerial and bureaucratic level. Training of Rapid Action Team have been conducted, Samples collection centres and isolation wards have been established at the STNM Hospital and the District Hospitals. An awareness campaign through pamphlet, posters and through radio talk and panel discussion has been taken up. In addition, the screening teams have been made operational at Rangpo and Melli, Check post. Even directions have been issued to make the Gram Panchayat aware of Influenza A (H1N1) through awareness campaign at Gram Sabhas/Ward Sabhas. Spokesperson has been nominated who are giving media briefing.

I would like to appeal to the general public that Influenza A (H1N1) is a disease which is treatable and curable. Therefore there are no needs for any panic but only the necessary caution and alert should be shown by each one of us. Any one having flu like symptom like fever, upper respiratory tract infection, symptoms such as cough, sore-throat head-ace, diarrhoea, vomiting must immediately contact the nearest health centre where necessary treatment will be given. We should also avoid contact greetings like shaking hands, hugging, kissing etc and follow coughing and sneezing etiquette.

Health Centres in the State, doctors, nurses and other paramedical staffs are fully geared and capable to handle cases in the eventuality. Medicines are well stocked and medical equipments are kept at standby.

To prevent Influenza A H1N1 only a few simple measures are required, like washing hands often, not to touch eyes, noses or the mouth, to cover with handkerchief or tissue while coughing or sneezing etc.

Don't panic. Be aware and alert and prevent Influenza A (H1N1)

(D.N. Takarpa)

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