

नयाँ इन्फ्लुयन्जा H1N1 (2009) र सोविरुद्धको खोप पुस्तिका



OGÇnbGhf ef0{; / Pr jfg Pg jfg vfk

!= gof**H1N1** (2009) OGÇnbGhf eg\$]s]xf]<
of]; g\@)) (df pTklQ ePsf]0G^nbGhf P
(H1N1) 2009 gfdS gof"ef0/; af6 dflg; df nflg]
/f] xf]. rngrNtIsf]efiffdf o; nf0{n'klg elgG5 .

@= gof"**H1N1** ef0/; af6 dflg; x; s; /L ; emldt
xG5g\

of]ef0/; Ps JolQmaf6 csf]JolQmdf ; lhn}
; b5 . cGo ?3fvf\$L h:t}/f]L JolQm]vf\$bf
jf xR5o"ubf{; lhn}Zjf; kZjf; sf]dflldaf6
lg/f]L JolQmdf ol ef0/; x; ; g{; 5g\ tl
ef0{; af6 ; emldt xft / ; txx;af6 klg of]
/f] ; g{; S5 .

#= gof**H1N1** OGÇnbGhf ef0{; sf nlf0fx; s]
s]xg\

Hj /f] cfpg] -!))=\$ l8ul km]xf06 jf ; f]
eGbf w] ; 3f6l bVg] vf\$L nflg]dVo nlf0fx; xg\

eg]6fpsf] tyf z/L/ bVg] hf8f] nflu] sdhf/
dxz; xg] xfl50" cfpq] l; Efg alg] jf gfs
9fl8g]h:tf nlf0fx; klg blV65 . afnaflnsfd
kvfnf nflu] jfsjfsL nflu]h:tf nlf0fx;
b]fk56\

\$= clwsfz dflg; x; o; /fluaf6 ; fdf6o la/fdl
xg] / 3/h' pkrf/af6 lgsf] x65g\ t/ s:tf]
cj:yfdf :jf:Yo ; :yfdf pkrf/ ug{nfgk5{<

sg}klg JolQndf Zjf; kmj{ufxf]ePdf, 5ftl
bvdf, z/L/ sllg]/ ; f]sf]lgo6qof xg g; sdf jf
cf] / 5fnf lgnf]ePdf jf p7g g; sdf jf kl/jf/sf
; b:ox; nfo{lr6g g; sdf t?6t dl8sn pkrf/
ugkb5 . la/fdl aRrfx;n]l56fl56f]Zjf; kmjdf
jf Zjf; kmj{ck7of/f]ePdf, nuftf/ Hj/f]cfPdf
jf aRrf axfz ePdf t?6t dl8sn pkrf/
u/fpgkb5 .

@ dlxgf jf ; f66f sd pd]sf]lzzh]bw r:g
g; sdf :jf:Yo ; :yfdf nhfg' kb5 . olb tkf0\$]
lfq cfrf]/flu kefij t lfq xf]eg]Hj/f]cfpg]lalQs}
glhssf]:jf:Yo ; :yfdf ; Dks{/fvqkb5 .

%= gofFH1N1 OG^nbGhfaf6 ; ePldt eP gePsf]
s; /L yxf kfpg]<

:jf:Yo ; :yf tyf kofuzfnfdf hfF gu/L gofF
Pr jfg Pg jfg OG^nbGhf ePsf]xf]xf]g eGg
; lS6g . dVo nlf0fx; Hj /f]cfpg]-!))=\$ l8u|
kmgxf06 jf ; f]eGbf w]; 3f6L bVg] vf\$| nflg]
dVo nlf0fx; xg\eg]6fpsf]tyf z/L/ bVg] hf8f]
nflg]sdhf] dxz'; xg]xf]50"cfpg]; Efg alg]
jf gfs 9f18g]h:tf nlf0fx; klg b]vG5 .
afnafnsfdf kvfnf nflg] jfsjfsL nflg]h:tf
nlf0fx; b]vk5g\ kofuzfnf hfFaf6 dfq Pr
jfg Pg jfg eP gePsf]lglZrt ug{; lS65 .

oBkl uDeL/ k\$[tsf]nlf0f tyf hl6ntfx;
b]vk/df dfq :jf:Yo ; :yfdf n]hfgkb5, cGoyf
:jf:Yo ; :yfx;df hfF u/fpg]dfg; x;sf]
cgfj Zos le8ef8 xg; S5 .

w] } la/fdlx;df ! xktfleq gofFH1N1
OG^nbGhfsf nlf0fx; sd eP/ hf65g\

^= xfdlx; of]gofF]af/]lsg olt lrlGtt 5f]*
hasL l; hgn OG^nbGhf dxdf/L / cGo dxdf/Laf6
k]o\$ j if{xhf/f]dfg; x;sf]d]o'xG5 <

l; hgn OG^nbGhf kl0\$ j if{byf kb5 / o;
ef0/; n]cf^gf]; Argf kl/j t6 ul//x\$]x65 t/
w]} dflg; x2df ef0{; sf] lj ?2 cflzs /f]u
klt/f]fids lfdtf x65 / /f]sf]uDel/tf sd ug{
d2t ub5 . s}l b}x2n]l; hgn OG^nbGhfsf]
vf]k kof]u u/\$f 5g\h; n]ubf{la/fdl / d[o'xg\$]
; Vof sd ePsf]5 .

tlgj 6f sf/0fx2n]ubf{:jf:Yo k}fsdlx2df
lrGtf a9\$]5 M

!= gofF1N1 OG^nbGhf, l; hgn OG^nbGhf eGb
a9L ; ?jf x65 / of]rf8f]; g]x65, lj zijf u/L
!) blv #% j if{pd] ; dxsf JoIQx2df . of]
/f]sf] ; fdfGo nlf0fb]v s8f la/fdl / d[o'
; d] xg; S5 .

@= cf]fwl, lj zijf u/L vf]kx2 kof]t dfqdf pknAw
xg ; s\$]5g) .

#= w]}; Vofdf dflg; x2 la/fdl xg; Sg]/ 3/df
cf/fdsf]nflu a:g]ePsf]h]; fdbfos ; j]f /
; fdbfos sfo{x2 h:t}M oftfoft, ahf/x2,
; jf:Yo ; j]fdf ca/f] j s6f]L xg; Sg]; Defj gf
x65 .

&= d cfrkthf0{goffH1N1 OGÇnbGhf ef0/; ; gáf6 /f\$g s]ug{kbf <

l; hgn OG^nbGhfsf]h:t}goffH1N1 OG^nbGhf ef0/; sf]klg dV0 ; gI tl/sf j f dflld eg\$] aff]bf, xR50"ubf{j f v\$bf cfpq]; -; fgf l56fx; (Droplets) g}xf]. OG^nbGhf h:t}nlf0fx; b]fk/\$f Jol0m; af6 sDtlldf b0{ft 6f9f a; } xfdl ; emldt xgaf6 aRg ; S5f; ; fy}tn pln]y ul/Psf pkfox; ckgfPdf of]/f] nfluaf6 aRg ; lsg5 .

- ; fag kfgln]xft wg].
- la/fdln]køf] u/\$f j :tx; h:t}nuf, sk8f, c\$0fg, tlsof, ?dfn, vfgf vfg køf] ul/Psf ef8f køf] gug] 9f\$fsf]xoflG8n, knfg ; ø cflb lgoldt ; kdf ; knf ug].
- v\$bf j f xR50"ubf{; knf sk8f j f l6:o'kk/n] dV / gfs 5ff]g]. sk8f j f l6:o'kk/ gePdf kvf/f\$]lelq efudf gfs, dV /fv] v\$g]j f xR50"ug].
- w]jdf]g; x; hDdf xg]; fj k]lgs :yfgx; h:t}M ahf/, rr{j f dlZhb / lj Bfnodf ghfg].

*= df:s nufpg cfj Zos 5 <

la/fdlnf0{; j f:Yo ; :yfdf lnP/ hnf5; xgXG5 j f
la/fdlnsf] ; Dksdf xgXG5 eg] tkf0{/ la/fdln]
df:s nufpg' kb5 j f sk8fn] gfs / dv 5flg'
kb5 . kofu ul/ ; skl5 tTsfn df:s plrt :yfgdf
la; hg ug{/ ; fag kfgln]/fd/l xft wg' k5{.

(= Zjf; kZjf; ; DaGWL s]s:tf ; fj wfgl j f ; Eo
afgl Joj xf/n] gofFH1N1 OG^nbGhf ef0/ ;
knngaf6 /f\$yfd ub5 <

vf\$bf j f xfr5o"ubf{; w}sk8fn]dv / gfs
5flg' kb5, df:s, :sfkm{j f l6:o' k{k/n] gfs /
dv 5flg] u/df gofFH1N1 OG^nbGhf ef0/ ;
; gaf6 ; /lft xg / cGo /fuX; nfluaf6 ; d]t
arG ; lsG5 . olb dv / gfs 5flg l8:kfh] n
df:s kofu ugePsf]5 eg]o; sf]kofu kZrft\
t?Gt ; /lft tl/sfn]cGo kmfxf] kmflNg]ef8fdf
/fv] la; hg ug[kb5 . olb gfs / dv 5flg
sk8f kofu ugePsf]5 eg]; fag / tftf]kfgln]
wgkb5 . ; fj hlgs :yfgx;df ySg lgifv
ug[kb5 .

!) = ue[tl dlxnfx;sf]nflu lj zif ; enj x; 5g\ t <

lgZro g}. ue[tl dlxnfx;df lj zif u/L ue[tl ePsf]bf] f]/ t] f]qðfl; sdf gofFH1N1 0G^nbGhf ef0/; sf]; emdOf ePdf uDeL/ k\$[t sf] xg] jf hl6ntfx; b]vfk g{; Sg]; Defj gf xG5 . t; y{ue[tl dlxnfx; gofFH1N1 0G^nbGhf ef0/; ; g{; Sg]cj : yfx; af6 h: t}M ; fdlhs hd36 cflbaf6 6f9}/xgkb5 .

:jf:Yo ; :yfdf sfo\ t ue[tl :jf:Yosdlx; lgbfg ePsf jf zsf:kb gofFH1N1 0G^nbGhf ef0/; ; emdOf ePsf jf Zjf; kZjf; ; DaGwL nlfOf ePsf la/fdlx; af6 6f9}/xgkb5 , ; Dej eP; Dd tl afx\$sf la/fdlx; hfF ug]sfo[s]lhDd] f/L lbgkb5 . olb ; lsbq eg] tl :jf:Yosdlx; w} df: s nufpgkb5 jf dv tyf gfs 5f]gkb5 . gofFH1N1 0G^nbGhf ef0/; sf]; emdOf ePsf] lfd] ue[tl dlxnfx;df 0G^nbGhf /f]s]h: t} nlfOfx; b]vfk/\$f 5g\ s eg] :jf:Yosdlx; n] lj zif vbf] lbgkb5 .

!!= s:tf JolQmx;nf0{gofFH1N1 0G^nbGhf ef0/; sf]hfl]vd / To; af6 d[o' xg]; Defj gf a9L xG5 <

lgZro g}. ue[tl dlxf;sf]cltI/Qm cGo JolQmx;nf0{gofFH1N1 0G^nbGhf ef0/; sf]hfl]vd / To; af6 d[o' xg]; Defj gf a9L xG5, h:t}a9L pd]sf dflg; x; / ; fgf afnafnsfx; . cGo bl3{/fux; h:t}Mlfo/fu j f krf; f;f cGo /fux;, Pr=cf0{el=P8\, dwd}, d6sf]/fux; / d[frf ; DaGwl /fux; ePsf JolQmx;nf0{gofFH1N1 0G^nbGhf ef0/; sf]hfl]vd a9L xG5 .

ue[tl dlxf;n]Pr=cf0{el=P8\ / cGo s8f /fux; ePsf JolQmx;n]klg gofFH1N1 0G^nbGhf ef0/; ; g{; Sg] cj:yfx;af6 6f9} /xgkb5 . olb tl JolQmx; ; fj klg :yfgx;df hfg}k;of]eg]df:s nufP/ j f sk8fn]gfs / d'v 5f]gkb5 . olb tl JolQmx;n]sg]cf]fwl kofu u/L /fv]sf 5g\eg]lgoldt ; kdf lrlst; ssf] ; Nnfxcg' / cf]fwl ; Jg ugkb5 . pbfx/ofsf]nflu, sg]JolQmnf0{Pr=cf0{el=P8\ ePsf]5 / cf]fwl ; Jg ul//xgePsf]5 eg]cf]fwl ; Jg sfo{hf/L

/Vgkb5 / :j:f:ysdl\$[f] ; Nnfxcg' f/ sfo{u/L
kl|t/f|w lfdtf :j:y /Vgkb5 .

H1N1 2009 OGÇnbGhfIj ?4 vfk\$sf]køf|y

s]H1N1 2009 Ij?4 kəfj sf/L vfk pknAw 5 <
lgZro g}o; sf]/f\$yfdsf]nflu sxl vfkx;ç
Ij sf; ul/Psf 5g\ ol vfkx;ç ; lldt dfqf pknAw
5g\Ij z|f u/L tl JolQmx;ç sf] nflu hf] H1N1
ef0/; af6 ; emldt xg]hfl|vd j f hl6ntfx;ç b|yf
kg{; Sg]; d|xdf kb5g\ o; df :j f:Yo ;]f kbfq
ug]JolQmx;ç h:t}M lrlst; s / g; x;ç, ue] tl
dlxnfx;ç / sxl bl3{/f|y ePsf JolQmx;ç kb5g\

H1N1 2009 vfk M /fli6æ ; kdf ; ~rfngsf]nflu gdf tflnd

vfk kdf{ç kdf kəfj sf/L xg vfk InPkI5
sl/a @ xktf nflu]ePsf]h] ^n' /f\$yfdsf c6o

pkfox; klg cj nDag ug{ cfj Zos 5 . ol
pkfox;df lgoldt ; kdf ; fab kfgln]xft wg]
kpf]udf cfpg]; txx; lgoldt ; kdf ; knf ug]
vf\$bf jf xR5o"ubf{l6:o' k|k/n]dV tyf gfs
5fflg]j f ; f]gePdf kfV/fsf]leqlefudf gfs, dV
/fv] vf\$g]j f xR5o"ug]/ cGo JolQmx;af6
sDtldf ! ld6/ 6f9f a:g].

H1N1 (2009) sf] vfk lnPkI5 o; OG^nbGhf
ef0/; g; g]s/f 9Ss xG5 <

sg)klg vfk zt klitzt kefj sf/L xG5 eGg
; lsbG . OG^nbGhf vfkx; nufPsf]!\$ lbg k/f
ePkI5 dfq kefj sf/L xG5g\ ; emdOf JolQmx;af6
nlfOf b]vPsf]! blv # lbg; Dd of]ef0/; ; g{
; Sg]a9L ; Defj gf xG5 . vfk kefj sf/L gePsf
OG^nbGhf ef0/; sf cGo k|ftlx;af6 klg ; emdOf
xb; S5, jf OG^nbGhf ef0{; afx\$sf cGo
ef0{; x;af6 klg ; emdOf xb; S5 . ol ; a}
36gfx;df dflg; n] vfk kefj sf/L gePsf]jf
vfk n]/fv lgDtOfPsf]7fGg ; S5g\ t/ jf:tlj stf
Tof]xfGg .

vflk slt dfqf lngkb5 <

ljzj :jf:Yo ; u7gsf]vflk ; Da6wl /0fgllts
; Nnfxsf/ ljzj]f1x2sf] ; dx (SAGE) sf]
; emijcg! f/ Ps JolQm]Ps dfqf vflk nufpgkb5 .

vflk s; /L lb0G5 <

lj sf; f]dv b2x2df kof]udf cfPsf w]h;]
vflkx2df lgliqmo kfl/Psf ef0/; x2 xG5g\ w]}
df]g; x2df o:tf vflkx2 ; 0sf]df]bdaf6 kvf/fsf]
dfly\Nnf]efudf nufpg]ul/G5 . lzz' / aRrfx2sf]
nflu of]vflk nufpgsf]nflu k]f pkoQm df]lgG5 .

o; lj?4df s]l vflkx2df P8hj]Q6 /flvPsf]
xG5 / s]ldf eg]/flvPsf]xG5 .

P8hj]Q6 /flvPsf vflkx2 ; /lft xG5g\<

P8hj]Q6n] vflksf] kl]t/lff lfdtf cem a9l
k]fj sf/L agfp5 . nfd] ; dobl]v s]l vflkx2df
P8hj]Q6 /flvPsf] kf0G5, vflk pTkfbg ugI
sdkg]x2n]P8hj]Q6sf]kof]u ugI]f gugI]gof6
ub5g\ s]l gofFvflkx2df P8hj]Q6sf]kof]u u/]
lgliqmo kfl/Psf ef0/; sf]dfqf sd ul/Psf]xG5 .

o; cl3 g)0G^nbGhfsf s}l vfkx;df P8hj 06sf] kofu ul;/ lsPsf] 5 -h:t}M l; hgn 0G^nbGhf, xkf6f0f; al_ / tl vfkx; ; %Ift ePsf]kf0Psf] 5 .

H1N1(2009) 0G^nbGhf vfk / cGo vfk ; 6; 6} -Ps}; dodf_ nufpg x65 <

Igliqno kfl/Psf]0G^nbGhf vfk cGo 0G^nbGhf afx\$sf vfkx; ; 6 Ps}; dodf nufpg ; ls65 tfklg km/skm/s efudf vfk nufpgkb5 .

vfk ; %Iff

H1N1(2009) vfk ; %Ift 5 <

of] vfk ; %Ift 5 / o; sf] u0f:t/ tyf ; %Iftkgfn]ubf{l j Zj :jf:Yo ; u7g / cdll/sg vfB tyf cffwl kzf; g nufotsf :jf:Yo ; %yfx;n] of]vfk :jlsf/ u/L ; s\$ 5g\

of] vfk l; hgn 0G^nbGhf vfk lgdfff ugI sDkglx;n]g}lgdfff u/\$f xg\hg ; %Ift 5 / w}bzx;df o; sf]kofu e0; s\$ 5g\

vfk kofusf]nflu :jls[l s;n]kbfq ub5 <
 /fli60; kdf :j:f:Yosf] nflu clwsf/ kft
 lgsfon]of]OG^nobhf vfk kofu ug\$]nflu cgd tl
 jf nf0{Q; kbfq ub5 . ol lgsfox;n]cgd tl jf
 nf0{Q; kbfq ugk' {vfk sf ; eflj t hfl]vd /
 knf0bfx; ; fj wfglkj' \$ k/lifof ub5 . sxl bzx; df
 lj Bdfg lgoldt klpmofaf6 vfk n]; dodf cgd tl
 kft ug{; xofu ku\$]5 . oBlk l; hgn OG^nobhf
 vfk / of]gofFvfk sf]hfF / ptkfbg klpmof p:t}
 ePsfh]vfk sf]uof:t/ / ; /lff lglZrt ug{d2t
 ku\$]5 .

s]uej tl dlxnfsf]nflu of]vfk ; /lft 5 <
 clwbogcg' f/ xfn; Dd of]vfk sf]gsf/flDs
 c; /x; uej tl, klhgg,\jf eOfsf]lj sf; , lzz'
 hgd jf ; [s]L cj :yfdf bl]VPsf]5g . lsnlgsn
 clwbogdf kfOPcg' f/ OG^nobhfaf6 ; emldt,
 hfl]vddf k/\$l l; ls:t la/fdl / uej tl dlxnfsf]
 ; dxnf0{vfk nufpg ; Sg]cgd tl kbfq u/\$]
 5 .

xfn\$]clwbogdf kfOPcg' f/ of]/fu nfuof

cGo JolQm;sf] thgfd ue[tl dlxf;nf0{
c:ktfnsf]; 3g pkrf/ slfd egf{u/l pkrf/
ug{k}hflvd !) uoff a9L kfOPsf]5 / c:ktfndf
egf{ePsfdb]& b]v !) kl|tzt ue[tl dlxf;
ue[tl ePsf]bf] fl]j f t] fl]qdf; ssf kfOPsf
5g\ vfk sf vt/f eGb krf0bf; a9L dxTj kOf
5g\ vfk nufPsf ue[tl dlxf;sf]yk cl|bog
hf/l 5 .

s]aRrf;sf]nflu of]vfk ; /lft 5 <

OG^nbGhf vfk sf]kl|tc; /x; klg cGo vfk;
nufPk]5 b]vfk]c; /x; -h:t}M vfk nufPsf]
:yfgdf b]v]j f Hj /f]cfpg] h:t}xG5 . :jf:Yosdl{
j f vfk lbg]JolQm]ol nlf0f; sd ug]j f lgsf]
xg]pkfox; af/]pkoQm ; Nnfx kbf]g ub]5g\
aRrfd vfk sf]sg]kl|tc; /x; b]vfk/df / aRrfsf]
; /lff ; DaGwl sg}hfgsf/l cfj Zos ePdf t?Gt
:jf:Yosdl{ E ; Dks{/Vgkb5 . ; efl]j z vfk
nufPk]5 vfk; E c; DalGwt cGo sg}:jf:Yo
; d:of; aRrfd b]vPsf] 5 ls egl Vofn
ugkb5 .

of] vfk lyofdzñ xG5 < hg sxlñ]:jf:Yosf]
nflu vt/f x]egl ljZjf; ub5g\ <

lyofdzñ ; fdfgotof vfk kofu ubf{
AofS6]lofaf6 blift xgaf6 hfufpg kofu ul/G5 .
lgliqno kfl/Psf vfk olb axdfqfdf pknAw 5g\
eg]lyofdzñ kofu ul/Psf]xG5 . sxl ptkfbgx;df
vfk ptkfbg ubf{AofS6]/ofsf]j?4df gu0o dfqfdf
lyofdzñ kofu ul/Psf]xG5 t/ vfk]sf]zI4s/Of
klqnof ubf{tl AofS6]/of x6] hf5g\

lyofdzñdf ldyf0ñ dsL xG, hg Pp6f
kfl[ts ; kdf kf0g] kbfy{ x] / o; sf] lj iffn'
c; /x;af/] /fdf] clbog ePsf]5 . lyofdzñdf
kn's lsl; dsf]dsL -0yf0n dsL /x\$]xG5, hg
z/L/df hDdf xG, krfP/ z/L/af6 ldyf0ñ
dsLleGbf rfbf] lgisfzg xG5 . lyofdzñsf]
; /lffaf/]j } flgsx;sf]; dxn]k'f clbog u/\$f]
5 . lzz' aRrf j f kP / ue] tl dlxfx;df o; sf]
lj iffn' c; / byfk/\$f]cfwf/ xfn; Dd knhf k/\$f]
5g .

vflksf kl|tc; /x; /
clglR5t 36gfx;

o; vflksf gsf/fl|ds c; /x; 5g\k
cgej x; af6 bl|vPcg; f/ kl|o\$ jif{|; h/n
OG^nbGhf vfl|x; sf|kl|tc; / h:t|of|H1N1 vflksf|
klg p:t|c; /x; bl|v|fkb5g\ ol c; /x; ! bl|v @
lbg|eq|]gsf|eP/ hf|5g\hg c; /x; vflk nufPsf|
:yfgdf x|Nsf bl|v|g; ; |Gg; j f /ftfl|gf bl|v|g' xg\
|Snlgsn k/L|f|of ubf{|of|vflksf|]xflgsf/s j f s8f
kl|tc; /x; kf|Psf|5g . vflksf|kl|tc; /x; bl|v|fkg|
j f gkg|e|G|s|f vflksf|k\$|f/, vflk nufpg|tl|sf
/ vflk lng|]ol|Qmsf|pd|]df lge\ /x|5 .

|Snlgsn cl|b|ogaf6 s]; a}; Deflj t kl|tc; /x; sf|
kQf nfu\$|f 5g\k

bzf|]nfv dflg; x; nf0{|of|vflk lb|f| bl|v|fkg{|
; Sg|]a/n 36gfx; 7hf7hf |Snlgsn cl|b|ogaf6
kQf nufpg ; Dej gePsf|]xg; S5 . o:tf la/n
36gfx; vflksf|]ofks k|f|]kZrft \dfq yxf kfpq
; |s|5 . |Snlgsn k/L|f|ofdf ; j {fwf/|f|sf|] nflu

vfk]sf] ; /lff ; DaGwl hfgsf/Lx; kbfq ul/G5 .
vfk nufpg]j zif ; dxsf]nflu lj zif ; /lff ; DaGwl
hfgsf/Lsf]nflu yk cgudg ugkbf5 . Koff8]ds
OG^nbGhf vfk]sf] yk lj zif cgudgsf] nflu of]
vfk lj Zj sf w]eGbf w]dflg; x; df kofu ug]of]hg
/x\$]5 .

lj Zj :j f:Yo ; u7gn]of]vfk kofu ug{o; sf]
; /lffsf]; 3g cgudg ug{/ sg}clgR5t 36gf
b]vk/df kltjhg kx ug{; a}bzx;nf0{; Nnfx
lbPsf]5 .

of]vfk]sf]sg}sf kltc; /x; j f clgR5t 36gfx;
kltjhg ePsf 5g\

of]vfk]sf]kofukZrft\s}clgR5t 36gfx;
b]vk/\$]5g, oBlk vfk]sf]kofukZrft\Snlg
k/Lifof / clgR5t 36gfx;sf]cgudg ul/Psf]
5 . :j f:Yo lgsfox;af6 lgoldt ; tsf / dnof]g
cfj Zos 5 / ; f]sfo{hf/L /x\$]5 .

vfk]sf]sf kltc; /x; s; /L kltjhg ugI<

vfk]sf]sf kltc; /x; , clgR5t 36gfx; /
cGo ; DalGwt hfgsf/Lx; ; w}; DalGwt /fli6

lgsfox;df k7 ugkb5 . h; /l vfk lnPkZrft\
b\yfkq{ ; Sg] ; DefJo 36gfx;sf] ; kmntfkj' \$
; Dal6wt lgsfox;df kl|tj 6g ul/Psf]5 .

w\} dflg; x;n] vfk nufpbf ; do; 6} vfk]sf]
; /llftkg kl/j t6 xg; S5 <

vfk]sf] ; /llftkg kl/j t6 gx6]cfzf ul/Psf]
5 . oBlk ; /sf/ / ljZj :jf:Yo ; 47gn]H1N1
vfk]sf] ; /llftkg / kefj sfl/tfsf] lgoldt; kdf
; fj wfglkj' \$ cgudg ub5g\ H1N1 vfk]sf]lj zif
cgudg k6f; x;sf]offhg ul/Psf]5 / ol sfox;
vfk]sf]k6f; la:tf/ ; 6; 6}hf/L /flvg]5 .

sg}JolQm]vfk glnP klg x65 <

H1N1 (2009) vfk ; a\$]nflu ; /llft 5 tklg
s\l JolQm; n]eg]s}vfk lng'cfj Zos x6g . of]
; d\df M

- klxn] OG^nbGhf vfk nufpbf s8f Pnlh\$
kl|tlqnof ePsf JolQm; .
- OG^nbGhf vfk nufpbf c6o sg}s8f kl|tlqnof
ePsf JolQm; .

- OG`nbGhf vfk nufPsf]^ xktfleq Guillain-Barre Syndrome ePsf JolQmχ .
- ^ dlxgfebf sd pd]sf]aRrf -of]pd] ; dxsf] nflu vfk :jls[ul/Psf]5g .
- c08fsf]Pnhl{xg]JolQmχ .

o; sf]cltI/Qm dWbd / l; ls:t la/fdl ePsf] / Hj /f]cfpg]JolQm]lgsf]gx[; Dd vfk nufpg' xB .

vfk]sf]pknAwtf /
kfyldstf kfk t ; dxχ

xdf]bzd vfk pknAw xG5 xfhf <

lj Zj :jf:Yo ; #7g / :jf:Yo dGqlχ; sf]a]sn] ; g@) (df o; vfk]sf]nflu !)) bzx; klxrfg u/\$f 5g\ H1N1(2009) vfk lj Zj :jf:Yo ; #7gn] sl/a c/a dfqf lj t/of ul/g\$.

vfk ; lldt dfqdf lj t/of ul/Psf]5, vfk]sf] nflu s; n]kfyldstf kfp xfhf <

lj Zj :jf:Yo ; #7gn] z?df vfk sfo{ubf{
; aebf kfyldstf :jf:Yosdlx; nfo{lbqkg; emj
lbPsf] 5 lsgls :jf:Yosdlx; af/Daf/
la/fdlx; ; E ; Dksdf cf0/xgkg; tl la/fdlx; df
goffH1N1(2009) ef0/; ; d; xg; S5 . bzx; n]
lj Zj :jf:Yo ; #7gsf] lgbzgd cfwfl/t /x]
kfyldstf kft ; dx; bzsfl] j zif cj :yfcg; f/
lgwf{of ug; Sb5g\ pbf/0fsf] nflu, s; l bzx; n]
ue; tl dlxf; / H1N1(2009) af6 ; emdt
xg; Sg] / hl6ntf b; fkg; Sg]; dxnf0{kfyldstf
kft ; dxdf /fv\$ f 5g\

lsg ue; tl dlxf; pRr hfl] vddf 5g\ eg]
7flg65 <

ue; tl dlxf; df H1N1(2009) ef0/; sf]
; emdof uDe/ k\$[tsf] xg] j f hl6ntf; b; fkg;
; Sg] lj zif u/L bf] f] / t] f] qdfl; ssf
ue; tlx; df . ctMue; tl dlxf / pgsf] arRfsf]
:jf:Yo ; /lfsf] nflu of] vfk nufpg' h?/L 5 .
dlxf; n] ue; tl ePsf] sg} cj wldf klg of]
vfk ; /lft tl/sfn] lng ; Sb5g\ SAGE n]

ue[tl dlxnfx; df vfk lgodg ug[lgson]vfk
lbg gldNg]egl klxrfg u/\$f]cj :yf afx\$ Ohfht
-nf0; [; _ kfk't sg}klg vfk kofu ug{; lsg]
; emfj lbPsf]5 .

cGo sg ; dxsf dflg; x; pRr hf]vddf ePsf]
7flg65 <

bl3{/fux; h:t}M bd jf dwdx jf kl't/fv
lfdtf sdhf] agfpg]/fux; h:t}M cfhf] /
Pr=cf0=el=ePsf JolQmx; pRRf hf]vddf kb5g\

of]OGÇnobGhf vfk ; a\$]nflu kofk't xfhf <

of]OG^nobGhf vfk]sf]pTkfbg hf/L 5 t/ vfk]sf]
cfkl'téGbf dfu pRr /x\$]5 . sxl ; dokl5 w}]
vfk pTkfbgkZrft\of]l/Qmtf sd xg5 .

:jf:Yosdlx;n]vfk kfp' lsg dx[Ej kOf{5 <

ljZj :jf:Yo ; u7gsf]; emfj cg' f/ ; emdOfaf6
; %lft /Vg / dxdf/Lsf]; dodf ; d]: :jf:Yo
; jf kofnl ; hf? tyf ; lgZrt /Vgsf nflu ; aéGbf
klxn]:jf:Yosdlx;n]nf0{vfk lbgkb5 .

of]vfk kf|t ug{g; s}f s]ug|<

w|}df|g; x;sf]nflu Eof|S; gsf]kx^F gxg
; S5 . oBlk H1N1(2009) ef0/; kmg]sfo\$|f
/f\$yfdsf nflu j rfj6sf pkfox; cfk| /
kl/jf/sf ; b:ox; n] ckgfpg ; |sG5 .
lgoldt; kdf ; fagkfgln]xft wg] la/fdl k/df
3/d}a:g] v\$bf jf xR5o"ubf{l6:o' k|k/n]jf
sk8fn]gfs / d'v 5f|g]jf l6:o' k|k/ gePdf
kfv/|fsf]leql efudf gfs / d'v /fv] v\$g]jf
xR5o"ug|.

lj sf; f|dv bzx;df o; OGÇnbGhf vfk|sf]kx^F
xf|hf < lj Zj :jf:Yo ; #7gn]s]; xof| ul//x\$|f]
5 <

lj Zj :jf:Yo ; #7gsf dxflgbzsn] ; a}
bzx;df OG^nbGhf vfk|sf]lgiklf / ; dfg kx^Fsf]
nflu cgt/f|6 P\$oa4tfsf]nflu cg/fv| ugePsl
l5g\ hxfFDd lj Zj :jf:Yo ; #7gsf]s/f x|] ; f]
; #7gn]sd / d||bd cfo xg] (% j6f bzx;sf]
nflu c6o bzx; / ; xkf7lx;af6 -sl/a @ c/a
dfq_ vfk kf|t ug|h:tf]dxTj k0f{; xof| kf|t

ug{f ; xofu k#ofPsf]5 . o; }cgtuf g{kfnn}@
nfv dfq of]vfk lgnZls kft ub\$.

cfjfwl kofu gu/L ug{; lsg]
/fu /f\$yfdsf sfo{;

cfjfwl kofu gu/L ug{; lsg]/fu /f\$yfdsf sfo{;
s]s]xg\

cfjfwl kofu gu/L ug{; lsg]/fu /f\$yfdsf
sfo{; Non Pharmauntional Interaction (NPI)
cgtuf JolQm/ ; dbfon]ug{; Sg]sfo{; kb\$g\
o; df la/fdlsf] ; Dksaf6 cnu /xg] sfo{kb\$,
kl/offd:j ; k Ps JolQmaf6 csfJolQmcf OG^nbGhf
/fu ; g]sfo{f I9nf0 xG5 / la/fdl ; Vof, ?Uoftf /
d[ob/df sdl cfp5 .

cfjfwl kofu gu/L ug{; lsg]/fu /f\$yfdsf sfo{;
cgtuf lgdg sfo{; kb\$g\ h:t}M

- JolQmut ; /; knf0 ug[-; fag kfgln]xft wg]
- :j:y Zjf; kZjf; afgl ckgfpg]-v]bf, xR5p
ubf{gfs dv ?dfnn]5f]g]

- la/fdlnf0{cnu /fvg]/ 3/h'pkrf/ ugI
- le8ef8 xg]; fdfllhs sfo6f ; nlg ; se/ gxg].

Zjf; kZjf; ; Da6wL s]s:tf :j:ys/ Jojxf/
 ckgfpgfn]OGçnbGhf /f] /f\$yfd ug{; lsg5 <
 v\$bf j f xR5o"ubf{; w)H6:o' k|/ j f ; knf
 sk8fn]gfs / dV 5flg' kb5, df:s jf :sfkn]f
 sk8f kofu u/] gfs / dV 5flg ; lsg5, o; af6
 OG^nbGhf ef0/; ; g{/ c6o Zjf; kZjf; sf]
 dflldaf6 ; gI/f]x; sf]; d] /f\$yfd ug{; lsg5 .
 olb gfs / dV 5flg l8:kfh] n df:s kofu ugePsf]
 5 eg]df:s kofu ul/; skl5 tIsfn]knf] la; hç
 ugIef8f /vl la; hç ugIkb5 . olb gfs / dV
 5flg ; knf sk8fsf]kofu ugePsf]5 eg]kofu
 ul/; skl5 ; fag kfgln]wgkb5 . ; fj hlgS
 :yfgx; df ySg' xBç .

la/fdl JolQm; nf0{c6o JolQm; af6 cnu /f/bf
 s]s]knfObf xG5 <

la/fdl / la/fdl; E ; Dks{ePsf JolQm; nf0{

cGo JolQmx; af6 cnu /fvbf xg]dVVo knf0bf eg\$sf]
o; OG^nbGhf /f]sf]kn]ng]sfo{sd ug{j f k'}
/f]g ; lsG5 .

o; OGÇnbGhf ePsf JolQmx;sf]
3/ħ' pkrf/ -x]rfx_

la/fdl ePsf]zsf nfudf s]ugI<

^n\$fn]nlf0fx; b]vfk/d]f 3/d]f a:g]cf/fd ugI
/ kž:t dfqfdf emħ kbfx; lkpg]. Ij Bfno
ghfg]/ ; s]Dd w]dfG5; hDdf xg]le8ef8df
ghfg] o; af6 c? JolQmx;nf0{ef0/; ; fg]sfo{
xbg . 3/d]f cf/fd ubf{klg kl/j f/sf ; b:ox; af6
klg 6f9f / cnu sf]fdf a:g'kb5 .

v]\$bf / xR50"ubf{16:o'kk/ j f sk8fn]gfs
/ dV 5fflg la; g'xbg / v]s; sk15 j f xR50"
ul/; sk15 t]sfm; fag kfgln]xft w]gkb5 . v]\$bf
j f xR50"ubf{gfs / dV 5fflg]16:o'kk/ j f sk8f
gePdf kfV/f]sf]leql efudf gfs / dV /fv] dfq
v]\$g]j f xR50"ug'kb5 .

OGçnbGhf ePsf JolQmx;sf]/\yb\y s; /L ugI<
sg}JolQmndf /f\ysf nlf0fx; b\yfkgrf{fy la/fdl
JolQmnf0{3/df /fv} cf/d u/fpgkb5 . 3/df
la/fdl JolQmnf0{kl/jf/sf cGo ; b:ox;af6 6f9f
/cnu sf}fdf /Vg] j f cGo JolQmx;af6 sDtlcf
klg ! ld6/ -@ xft_ 6f9f /Vgkb5 .

la/fdl JolQmnf0{e}g cfpgrf;sf] ; Vof
; s]Dd sd ugIxf] \ ; s]Dd hf]vd ; d\df
gkg]Pshgrf JolQm]la/fdlsf]x}rfx u/df cGo
JolQmx;nf0{la/fdl xgaf6 hf]ufpg ; ls65 .
la/fdlsf]/\yb\y ugIJolQm :j :y xgkb5, p; df
sg}adf/L xg'x}g . ue] tl dlxnfx; n]OG^nbGhf
ef0/; sf] la/fdlsf] x}rfx ugI sfo{nf0{lgifv
ugIkb5 .

OGçnbGhf ePsf JolQmsf]/\yb\y ugIJolQm /
p; sf kl/jf/sf ; b:ox;sf]; /lff s; /L ugI<

OG^nbGhf ePsf JolQmsf]/\yb\y ugIJolQm]
; j}kyd cf^g}; /lff ugIkb5 . la/fdlsf] glhs
x}f gfs / dv 5ff]gsf]nflu df:s kofu ugIxf]
j f sk8fn]gfs / dv 5ff]gxf] \ la/fdl; E ; Dks{

ePKl5 jf la/fdln]sg}rh 5f]df, ; fag kfgln]
xft wgx] \

la/fdln] kof] u/\$f l6:o' k]/x; Pp6f
em]hdf /Vgkb5 / 3/of; L c6o km]x]; E)o; sf]
klg la; hg ug]kb5 . o; sf] nflu la/fdlsf]
la:tf/fsf]glhs}Pp6f em]hf /Vg]Jo] :yf ug]
kb5 .

dnf0{OGÇnPGhf ePsf]lyof]/ xfn lgsf]ePsf]
cgetL ePsf]5, s]d sfddf hfg ; S5' <

x] H1N1(2009) jf l; hgn ^n'ePsf]JolQm
nlf of b]y]kbf\$]c]lw; Dd 3/df a:gkb5 / sfddf
hfg' x] . o; af6 ; fylx; / c6o JolQm]nf0{
; %lft /Vg d2t k]b5 .

dnf0{; /\$]gofFef0/; sf]nflu dn]PG6Lef0{n
Ingkb5{<

kb] . t/ :jf:Yosd]n]Ing ; Nnfx lbPdf
dfq Oseltamivir jf Zanamivir h:tf PG6Lef0{n
Ing ; lsg5 .

s]d la/fdl ePdf :tgkfg /f\$gkb5 <

:jf:Yosdl[n]; Nnfx lbPsf]cj :yfdf afx\$ c6o
cj :yfdf :tgkfg /f\$g'x6g . :tgkfgaf6 aRrfx;n]
; a}vfn]kff]oftTjx; kftt ub5gV /f]usf]lj?4
n8g]lfdtf al4 x65 .

s]d]ofqf ug{; S5' <

; Dej eP; Dd la/fdl dxz'; x6f; Dd /
OG^nbGhfsf]nlf0fx; b]vk/] Dd ofqf ug]sfo{
/f\$gkb5 . H1N1(2009) OG^nbGhfsf]k\$fk ePsf]
lfqdf hff}xgx65 eg] ; w}v]bf jf xR5o"ubf{
l6:o'k]/ jf sk8fn]; a}gfs / dv 5ff]k6sk6s
; fagkfgln]xft wg]c6o JolQm; e6bf sDtlcf !
dl6/ -@ xft_ 6f9f a:g]h:tf ; fj wfglsf pkfox;
ckgfpqkb5 .

hg; S}lfqdf ofqf ubf{klg :yfglo :jf:Yo
lgsfox; sf]lgodx; kfngf ug{dxTj kOf{x65 .
Po/kf6df yk :jf:Yo hff (Screening) lj lwsf]
ck]ff ug{k65 .

au/sf]df; 'j f o; af6 ag\$ f c6o vfg\$/fx; vfg'
; /lft x65 <

lgZro g}. plrt tl/sfn]tof/ u/\$f]/ ksfPsf]
au/sf] df; ' / au/sf] df; 'af6 ag\$ f c6o
vfg\$/fx; af6 H1N1(2009) ef0/; dflg; df ; /\$f]
kf0Psf]5g . &) l8ul ; 06Lu\$ tfkqmdf df; 'j f
vfgf ksfpbf of]ef0; db5 .

d]f] lfgdf Pleog OG^nbGhfsf] k\$fk b]vk/df
lrgtf lng' kb5 <

Pleog OG^nbGhfsf] k\$fk b]vk/\$f] lfgdf
a; f]af; ugI/ sv'/fx; ; Dks{ePsf]/ ^nsf]
nlfof b]vk/\$f]5 eg]:jf:Yo ; :yfdf uP/ hfF
u/fpg' kb5 . :jf:Yo ; :yfdf lrlst; s j f
:jf:Yosdl{ E sv'/f krfdf sfd ugIj f 3/df
sv'/fkng ugI s'/ / xfn ^nsf]nlfofx; b]vk/\$f]
s'/ atfpgkb5 .

sg}:yfgdf Pleog OG^nbGhfsf] Jofks k\$fk
b]vk/df ; /sf/n] ; Ldf a6b ugIj f ; Ldfdf
dflg; x; nfo{ :jf:Yo hfF **(Screening)** gu/L

b7leq kj7 ug1sfo0f /f\$ nufpg ;S5 <
kl/dflh¢ c¢t/fl60 :jf:Yo lgodfj nl -@))%
cg; f/ ljZj :jf:Yo ; #7gsf]lgb7gx¢sf]kfngrf
ug{elgPsf]5, ; fy}ljZj :jf:Yo ; #7gn]; Pgf
hf/L gubf{Dd ofqdf /f\$ jf klta6w nufpg
kf0f0 . b7leq kj7 ug1 ldfdf dflg; x¢sf]:jf:Yo
hfF (Screening) ug1sfo\$flg0f0 b7x¢ cfk0
ug{; S5g\

Pr j fg Pg j fg 0GÇnbGhfsf]
lj?4df P106ef0{n cf]fwlx¢sf]
k0f0

H1N1(2009) 0GÇnbGhfsf] pkrf/df sg sg
P106ef0{n cf]fwlx¢sf]k0f0 ul/G5 <

l; hgn 0G^nbGhfd h:t} P106ef0{n
cf]fwlx¢n]of]0G^nbGhfsf la/fdlsf]nlfofx¢ /
la/fdlsf]cjlw sd ub5g\ ljz]fu/L b0{ j 6f
P106ef0{n cf]fwlx¢ d1lb]sg}/ bj}Ps; fy k0f0
ug{; lsg5 . tl cf]fwlx¢ Oseltamivir /

Zanamivir xg\ gkfnf Oseltamivir Sf]dfq kofu
ul/G5 .

PI06ef0{n cfjwLx; slxn]kofu ugkb5 <
OG^nbGhf ef0/; af6 ; emldt dflg; x;n]
/fu s8f lsl; dsf]ePdf j f c:ktfn egf{ugkgI
cj :yf cfPdf j f cGo bl3{/fu]sf] sf/0fn]
hl6ntfx; xg ; Sg]cj :yfx;df o; sf]o; sf]
kofu ug{; lsg5 . hl6ntf byfgk/\$f :j:y
dflg; x;n]PI06ef0{n cfjwLaf6 pkrf/ u/fpg'
cfj Zos 5g . clwsfz la/fdlx;df PI06ef0{n
cfjwL kft geP klg lrgtf lngkb . ^nsf]a/fdl
ePsf clwsfz dflg; x; PI06ef0{n cfjwLsf]
pkrf/ lagfg}lgsf]ePsf 5g\

