

# PREVENT

# INFLUENZA A (H1N1)



## Travelling Abroad. Precautions To Observe:

### Travel to Influenza A(H1N1) affected countries

Travel to the affected countries\* should be postponed. If you have to travel, please observe the following measures:

- Keep informed of the areas with outbreaks or high incidence of Influenza A(H1N1).
- Avoid crowded places.
- Avoid direct contact with Influenza A(H1N1) cases. If you need to be in close contact with cases of Influenza A(H1N1), use an appropriate protective mask.
- Observe personal hygiene at all times. Wash your hands frequently with soap and water.
- Cover your nose and mouth with tissues or handkerchief when you cough or sneeze. Dispose tissues properly. Wash your hands thoroughly with soap and water.
- If you fall ill, seek **IMMEDIATE** treatment.

### Returning from affected countries

Observe the following measures:

- Avoid close contact with other people for 7 days.
- Seek treatment from the nearest doctor immediately if within this period you develop flu-like symptoms such as
  - Fever
  - Cough
  - Difficulty in breathing
  - Sore throat
  - Headache
  - Body ache
- Inform the doctor that you have visited the Influenza A(H1N1) affected country/area.

\*For current update of Influenza A(H1N1) affected countries/areas please refer to [www.moh.gov.my](http://www.moh.gov.my) or [www.who.int/](http://www.who.int/)

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