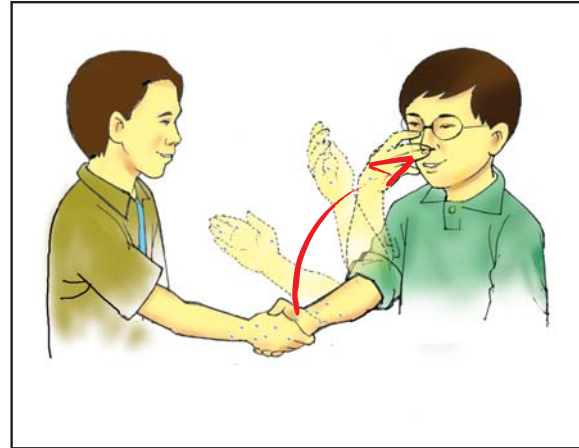
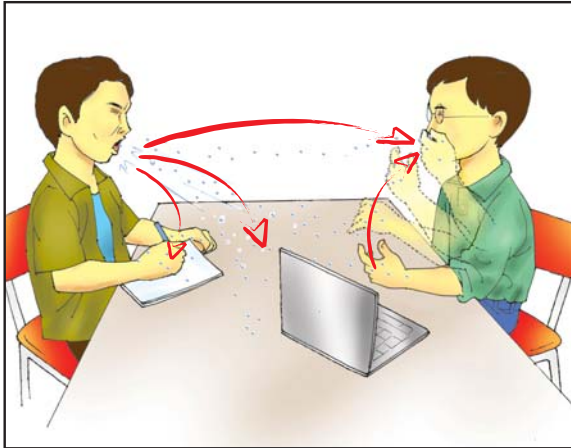


PREVENT

INFLUENZA A (H1N1)



Know how the virus spreads?



* Droplet travel short distances, usually less than one meter.

The spread begins when infected people cough or sneeze; infected droplets get on their hands, drop onto surfaces or are dispersed into the air. An uninfected person can breathe in contaminated air or touch infected hands or surfaces and thus be exposed.

This is known as the human to human transmission of Influenza A(H1N1).

Symptoms of Influenza A(H1N1)

Fever and one or more of these;

- Cough • Sore throat • Difficulty in breathing • Body ache • Headache

CAUTION!

To people who are at high risk for severe illness/complications you must SEEK IMMEDIATE TREATMENT

Those at risk for severe illness/complications are as follows:

1. Children younger than 5 years old.
2. Persons aged 65 years and older.
3. Children and adolescent (less than 19 years old) on long term aspirin therapy.
4. Pregnant women.
5. Adults and children with asthma, chronic obstructive pulmonary disease, organ failure, cardiovascular diseases, hepatic, hematologic, neurologic, neuromuscular or metabolic disorders such as diabetes mellitus.
6. Adults and children who have immunosuppression (including that was caused by medications or by HIV infections).
7. Residents of nursing homes and other chronic care facilities.
8. Individuals who are obese.

Prevention

Cover your mouth with tissue or handkerchief when you cough or sneeze



- Discard soiled tissue in the trash can. Immediately wash your hands with soap and water.

Wash your hands frequently



1. Lather hands with soap



2. Rub your palms



3. Rub each finger and between fingers



4. Scrub nails on palms



5. Rub back of hands and between fingers



6. Wash hands with sufficient water



7. Dry hands with clean towel or tissue



Liquid soap



*Alcohol base sanitizer can also be used

- Observe personal hygiene at all times. Wash your hands frequently with soap and water especially after coughing or sneezing.

Wear a mask



- Wear a mask if you have flu-like symptoms. This can prevent the spread of this disease to others.

Avoid going to public places or gatherings if you have Influenza-like symptoms. Wear a mask if you need to go out.

**STRICTLY FOLLOW ALL INSTRUCTIONS
issued from time to time by the authorities**