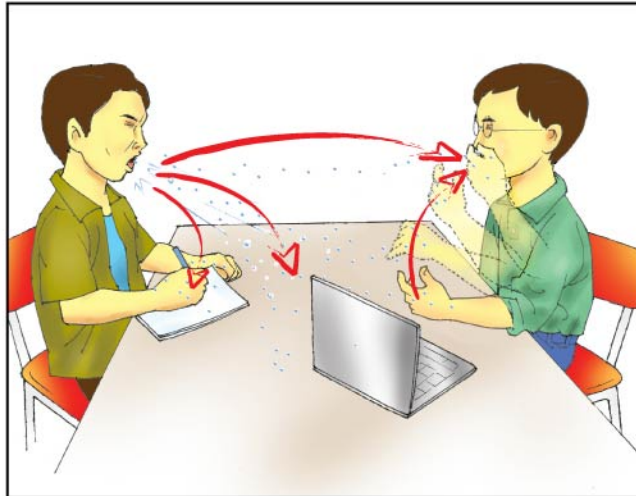


PREVENT INFLUENZA A (H1N1)



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**

If you have just returned from an Influenza A(H1N1) affected country/area,

OR

Had close contact with a confirmed Influenza A(H1N1) case or person under investigation

AND

Within 7 days develop symptoms of the disease,

IMMEDIATELY SEEK MEDICAL ATTENTION.

Your prompt action will help Ministry of Health in the control and prevention of this disease more effectively.

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.

Travel to Influenza A(H1N1) affected countries should be postponed



Strictly follow all instructions issued from time to time by the authorities