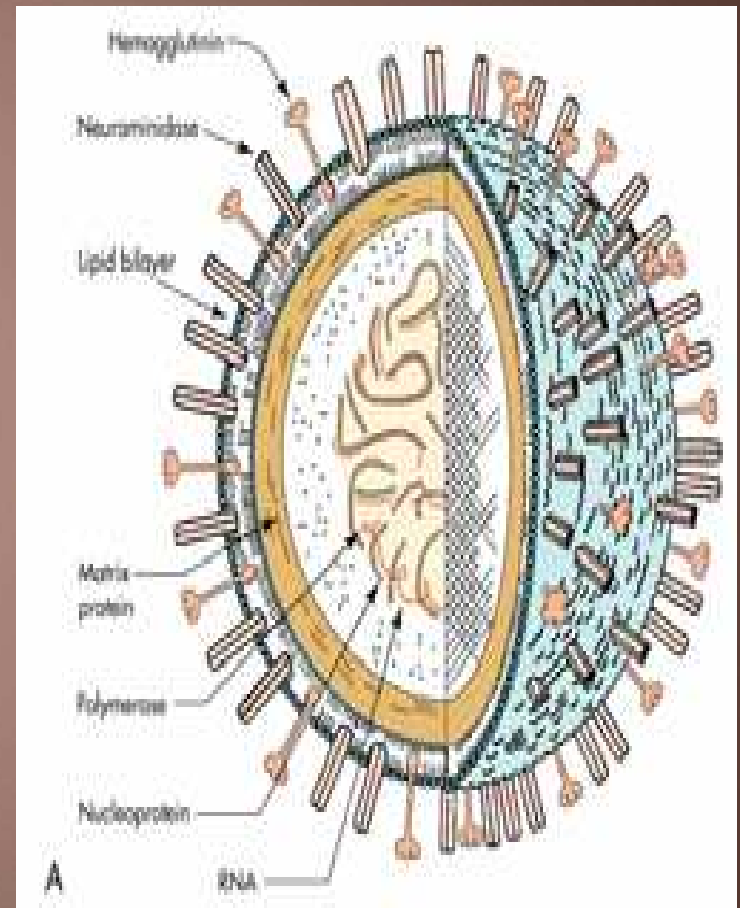


Influenza A H1N1

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Current situation

Since March 2009, a novel strain of influenza A (H1N1) virus has been identified, which is being described as a new subtype of the Influenza virus A, not previously detected in swine or humans.



A Mongrel virus!

This novel strain of influenza virus contains a combination of influenza virus genes from pigs, birds, and humans.



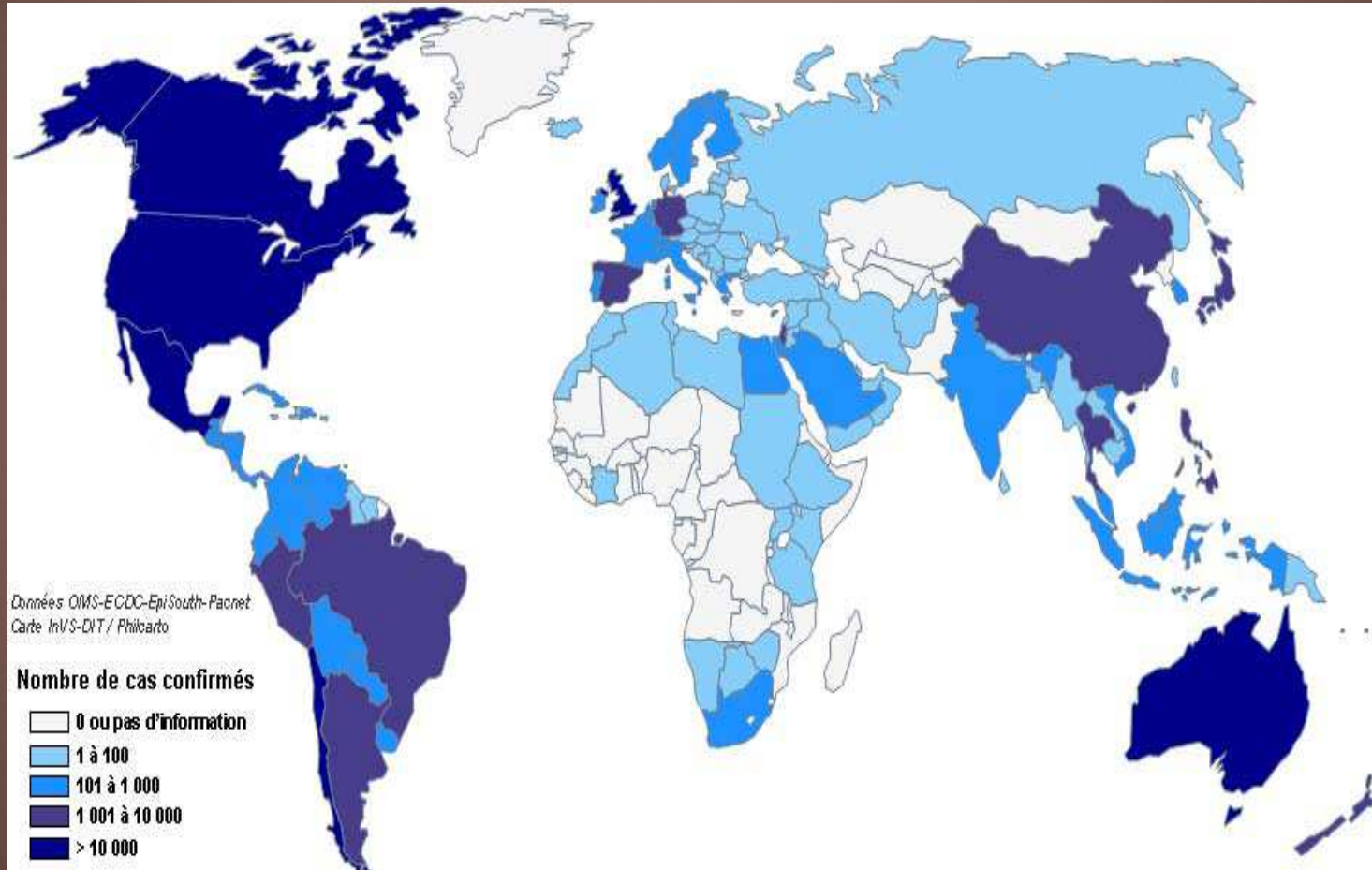
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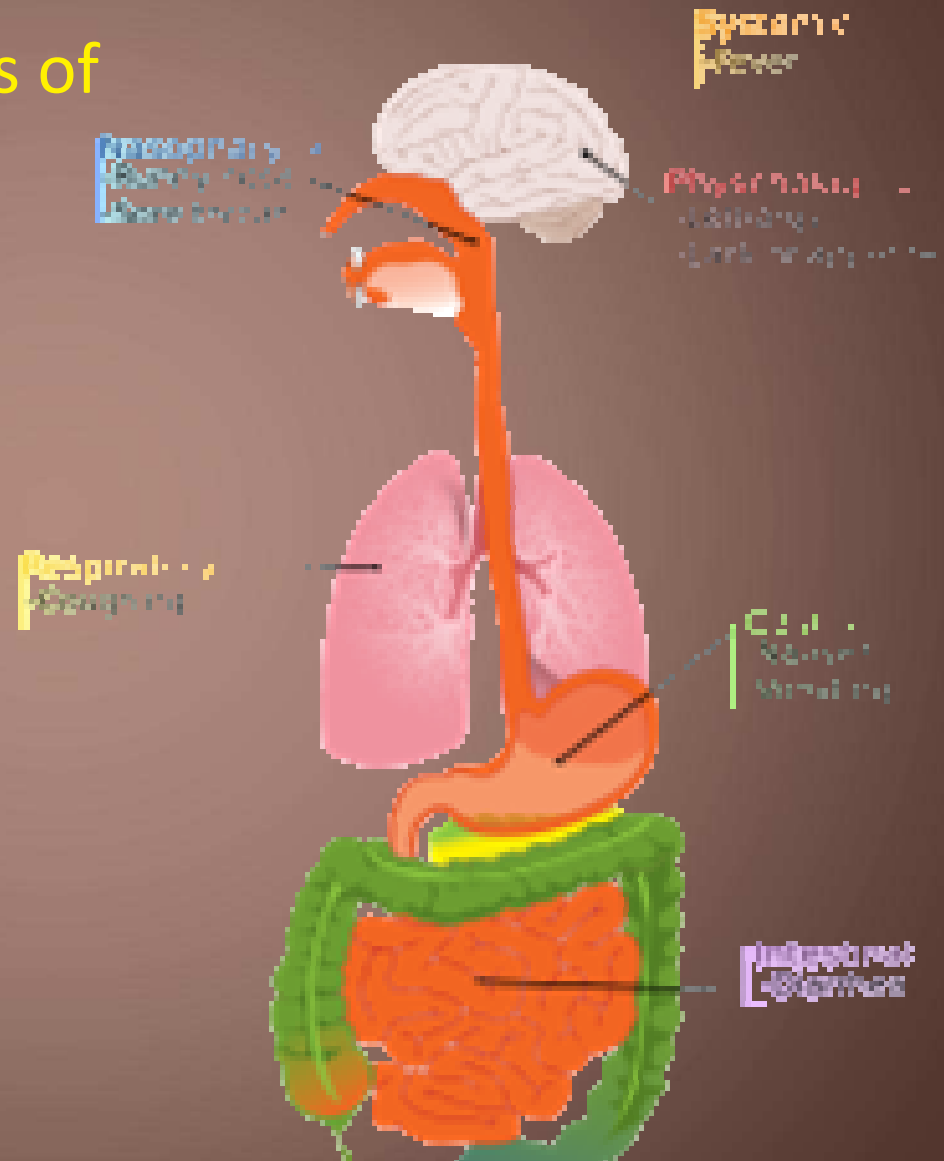
Geographical distribution



Symptoms

Are similar to the symptoms of
seasonal flu:

- Runny nose
- Sore throat
- Cough
- Fever (≥ 38 C)
- Body ache
- Vomiting & diarrhoea
- Difficulty in breathing
- Pneumonia



Transmission



Mainly through the air by coughing or sneezing, which generates droplets in the surrounding air.

Transmission

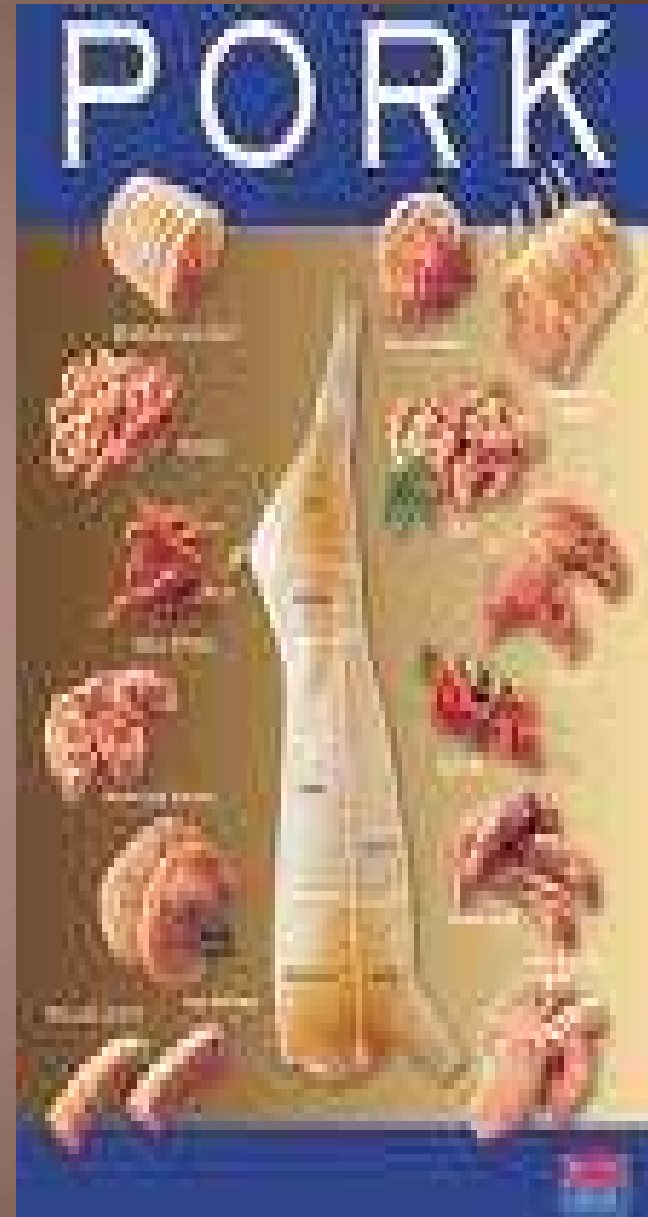
These respiratory droplets can also get deposited on hands and onto surfaces or objects.

A person touching these objects collects the viruses and can get infected if the mouth, nose, or eyes are touched without washing hands.



Transmission

There is no risk of infection from this virus by consuming well-cooked pork and pork products.



Treatment

Antivirals for the treatment of infection:

- Oseltamivir (Tamiflu) or
- Zanamivir (Relenza)



Antivirals should be used as per medical advice

Self medication is strongly discouraged.

Misuse of antivirals can lead to drug resistance.

You will not be able to tell the difference
between seasonal flu and influenza A(H1N1)

It is best to seek medical help.

It is advisable to stay at home and away from work or crowded places, whether you have influenza A(H1N1) or a seasonal influenza, through the duration of your symptoms.

This is a precaution that can protect others.

Keep children away from school.



Masks

- If you are not sick you do not have to wear a mask.
- If you are caring for a sick person, you can wear a mask when you are in close contact with the ill person and dispose of it immediately after contact, and wash your hands thoroughly afterwards.
- If you are sick and must travel or be around others, cover your mouth and nose.

Using a mask correctly in all situations is essential. Incorrect use actually increases the chance of spreading infection.



Key Messages

- Consult a health professional if you have Influenza-like symptoms
- Do not self prescribe antivirals
- Take preventive measures to protect yourself and your family.