

Influenza A (H1N1)

– Also known as **Swine Flu**

What you need to know & do

Influenza A (H1N1) is a highly contagious respiratory infection caused by a virus which is easily spread from person-to-person.

How do people get Influenza A (H1N1)?

A person can get Influenza A (H1N1) by:

- Breathing in the virus when an infected person coughs or sneezes
- Contact with objects that have been recently touched by an infected person e.g. door knob and telephone

SYMPTOMS

- Fever
- Headache
- Cough
- Sore throat
- Runny and stuffy nose
- Extreme tiredness
- Muscle aches
- Nausea, vomiting, and diarrhoea may also occur but are more common in children.

PREVENTION

- Wash hands regularly with soap and water
- Use paper towel (tissue) to cover mouth and nose when sneezing or coughing.
Dispose of used tissue in garbage **IMMEDIATELY**
- Avoid close contact with persons with flu like symptoms e.g. handshaking, hugging or kissing
- If you are sick stay home until you are well. If you have **SEVERE** flu-like symptoms contact your doctor **IMMEDIATELY**



Cover mouth and nose when sneezing or coughing

If you have traveled to or come into contact with someone from an affected country e.g. Mexico, Canada, UK or USA and have flu-like symptoms... contact your doctor or nearest Health Centre immediately.

**For further information
Call toll-free: 1-888-663-5683**



Wash hands regularly with soap & water



MINISTRY OF HEALTH