

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:

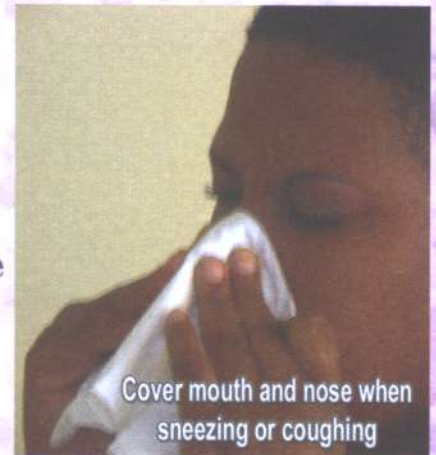
- Breathing in the virus when an infected person coughs or sneezes
- Contact with objects that have been recently touched by an infected person e.g. door knob and telephone

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



Wash hands regularly with soap & water

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**



MINISTRY OF HEALTH