

If you have travelled to any Influenza A (H1N1) affected areas and have developed fever (temperature > 38° C) with either cough, runny nose or sore throat within 7 days after your return, please call 993.

If you have close contact with a person with Influenza A (H1N1) and have developed fever (temperature > 38° C) with either cough, runny nose or sore throat within 7 days, please call 993.

Provide your doctor accurate information regarding your recent travels and contact with any persons suspected of having flu.

How does Influenza A (H1N1) spread among humans?

Spread of Influenza A (H1N1) is similar to seasonal flu. It can be spread when an infected person coughs, sneezes or speaks. It can also be spread when a person touches a contaminated surface and then touches his or her nose or mouth.

Is Influenza A (H1N1) infection serious?

Influenza A (H1N1) infection in humans can range from mild illness to serious and life threatening illness. Deaths from pneumonia and respiratory failure have been reported with Influenza A (H1N1) infection.

Influenza A (H1N1)

A threat beyond borders

BEWARE - BE PREPARED

For more information,

- ➔ Visit www.moh.gov.sg or www.hpb.gov.sg
- ➔ Call **HealthLine** at **1800 223 1313** to speak to a Nurse Advisor during office hours.

This pamphlet is also available in other languages.

Influenza A (H1N1) A threat beyond borders



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What is Influenza A (H1N1)?

Influenza A (H1N1) (previously referred to as “Swine Flu”) is a new strain of influenza virus that spreads from human to human. Influenza A (H1N1) is a viral respiratory disease that presents with flu like symptoms.

What are the signs and symptoms of infection?

The symptoms of Influenza A (H1N1) are similar to the symptoms of seasonal flu. These symptoms can vary in severity from mild to severe, and include the following:

- ➔ High fever (>38° C)
- ➔ Runny nose
- ➔ Sore throat
- ➔ Headaches
- ➔ Cough
- ➔ Tiredness
- ➔ Body aches



What can I do to protect myself and others against the Influenza A (H1N1)?

Practise good personal hygiene and be socially responsible by:

- ➔ Washing your hands regularly and thoroughly with soap and water, especially before touching your eyes, nose or mouth.
- ➔ Turning quickly away from anyone near you if you are about to cough or sneeze, and do not cough or sneeze at him.
- ➔ Covering your nose and mouth with a tissue when coughing or sneezing. Dispose of the tissue properly in the dust bin after use.
- ➔ Avoiding crowded places if you are unwell and wear a surgical mask to cover your nose and mouth.
- ➔ Staying home from work or school when you are sick.
- ➔ Using a serving spoon when sharing food at meal times.



Also, leading a healthy lifestyle helps to build up your immunity and protects you against infection.

- ➔ Eat a balanced diet, including plenty of fruit and vegetables.
- ➔ Be active. Do 30 minutes of physical activity at least 5 days a week.
- ➔ Learn to relax and have enough sleep and rest.
- ➔ Do not smoke.

Treatment

There are antiviral medications available to treat Influenza A (H1N1), such as oseltamivir (Tamiflu®) and zanamivir (Relenza®). They fight against the Influenza A (H1N1) virus reproducing itself in the body. When taken early (within 2 days of the appearance of symptoms), these medicines may:

- ➔ **Reduce the severity of the infection with faster recovery from the illness.**
- ➔ **Prevent serious complications.**