

Fast facts:

Did you know

To diagnose Novel Influenza A (H1N1) infections, a respiratory specimen would generally need to be collected within the first 4 to 5 days.

There are drugs available for the treatment of Novel Influenza.

Pork products are absolutely safe to eat, if properly cooked.

Simple precautions

- Catch your cough
- Cough and sneeze into a tissue or hanky
- Wash hands thoroughly after coughing
- Stay at home if you have a flu-like illness
- If you are coughing, wear a mask in public

**Fight the Spread:
Health at work!**

Measures include

- National Pandemic Novel Influenza A (H1N1) Preparedness Plan and Influenza Case Management guidelines
- Outbreak Response Teams in each district
- Increased surveillance is in place to identify and confirm any suspected human cases of Novel Influenza A (H1N1)

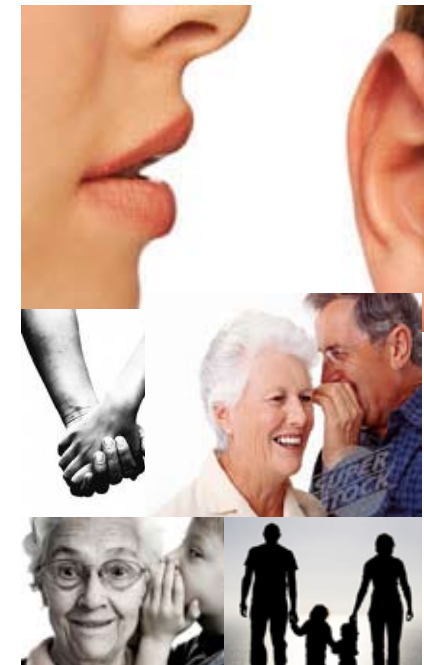
Having routine flu injections will decrease the risks in vulnerable people.

**Our Province,
your future.**

For more information contact the Western Cape Department of Health on: 021 483 3156 or visit the World Health Organisation website on www.who.int

Novel Influenza A (H1N1)

Eliminating the spread of Novel Influenza A (H1N1) through shared knowledge and experiences.



Fighting the spread of Novel Influenza A (H1N1) Together!



Western Cape Department of Health

Novel Influenza A (H1N1): Where the heart is.

What is Novel Influenza A (H1N1)?

The Novel H1N1 virus is an influenza virus. It is one of the respiratory viruses causing flu. The virus is spread through coughing and contaminated hands.

Flu epidemics occur every winter in almost all countries throughout the world. Every 10 years an almost completely new influenza virus results in an increase in the number of deaths.

Currently this new flu virus seems no more serious than the seasonal flu.

About 10 000 people die each year of seasonal flu, mostly people with underlying chronic diseases over the age of 65 years.

Symptoms

Symptoms are similar of a typical flu as the person contracts a sudden onset of fever, cough and sore throat, together with body aches, head aches, chills and fatigue. Diarrhoea or vomiting occurs in 25% of cases.

Treatment for Novel Influenza A (H1N1):

Though there is no vaccine available right now for the Novel Influenza flu, treatment for Novel Influenza A (H1N1) is available, and most of the previously reported cases recovered fully from the disease.

The distinctive difference between normal seasonal flu and Novel Influenza A (H1N1) is that Novel Influenza A (H1N1) is spread on a much larger (worldwide) scale.

NB: Though the Novel Influenza A (H1N1) virus is contagious, the virus is not spread by food.

Protect yourself

- Catch your cough
- Cough and sneeze into a tissue or hanky
- Wash hands thoroughly after you cough into your hands or tissue
- Stay at home if you have a flu-like illness
- Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active

Other measures

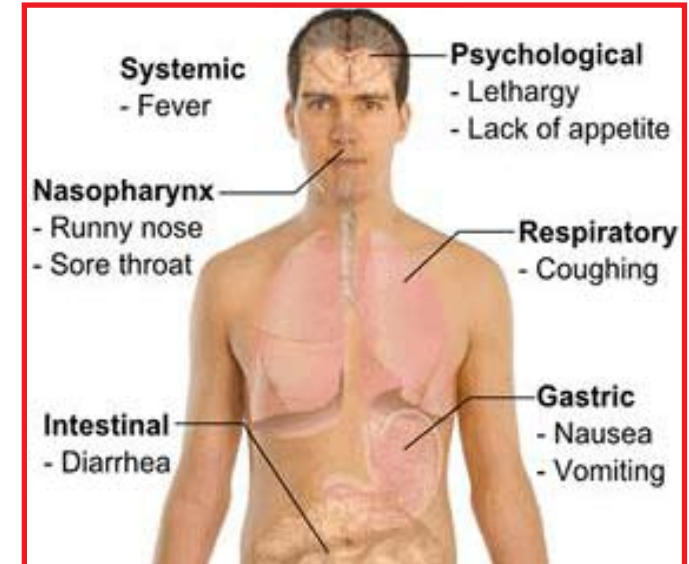
Keep up to date with the latest information on Novel Influenza A (H1N1) and follow public health advice and instructions on how to protect yourself and your loved ones.

Set-up a network of "flu friends": These include neighbours, friends and relatives who can help you if you get ill.

What to do if returning from an infected country / if you have the Novel Influenza A (H1N1) virus

- Stay at home
- Do not visit your doctor, hospital or clinic unless you are advised to do so, as you might spread the illness to others. Ask a flu friend to go out for you.

Know the signs: Be informed



This illustration shows typical symptoms of the Novel Influenza A (H1N1) virus.

The Western Cape Department of Health: Better Care for Better Health, all Day, Everyday

A people empowered is a people encouraged: Together we can!!!