

HEALTH ALERT

PANDEMIC INFLUENZA A H1N1

Look for these symptoms:	
FEVER AND	Other symptoms may include :
<ul style="list-style-type: none">• Cough• Sore Throat• Runny or stuffy nose• Difficulty in breathing	<ul style="list-style-type: none">• Body Aches• Headache• Fatigue• Chills• Diarrhoea• Vomiting• Blood in sputum

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old and pregnant women may be at higher risk for severe illness.

Do's & Dont's

DO:

- Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze.
- Wash your hands often with soap and water or use an alcohol based hand gel.
- Avoid touching your eyes, nose or mouth.
- Avoid crowded places
- Stay more than an arm's length from persons afflicted with flu
- Get plenty of sleep
- Drink plenty of water and eat nutritious food

DO NOT:

- Shake hands or hug in greeting
- Spit in public
- Take medicines without consulting a physician

For More Information

- Visit <http://www.mohfw-h1n1.nic.in>
- Contact National Help Line 1075 (Toll Free Number) or
- Outbreak Monitoring Cell-011-23921401 or
- Contact the help line number of your State Health Department

IF YOU THINK YOU HAVE H1N1 FLU :

- Visit the nearest H1N1 Screening Centre.
- Stay at home, if advised by the doctor. Do not travel or go to work or school.
- Avoid close contact with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours whichever is longer.
- Report to nearest identified health facility if symptoms aggravate (high fever, difficulty in breathing, blue colour of the skin or lips, blood in sputum or altered behaviour. Small children may be irritable, do not take fluids and refuse to accept feeds.

