

WHO guidelines for prevention and care of A(H1N1)

WHAT YOU CAN DO TO PROTECT YOURSELF FROM CATCHING INFLUENZA A(H1N1)

DOs

- * Reduce time spent in crowded places
- * Improve airflow in your living space by opening windows
- * Practise good health habits – get adequate sleep, eat nutritious food, keep physically active.
- * Clean hands thoroughly with soap and water, or with an alcohol-based hand rub frequently, especially after touching the nose and mouth.
- * Wear a mask if you are caring for a sick person

DON'Ts

- * Don't touch your mouth / nose
- * Don't have close contact with people who show influenza-like symptoms. Try to maintain a distance of at least one metre
- * Don't take an antiviral (Tamiflu) unless the healthcare provider advises it.
- * Don't wear a mask unless you are sick
- * Incorrect usage of masks will only increase risk in transmission

CORRECT USE OF MASKS

- Place masks carefully to cover mouth and nose and tie securely to minimise any gaps between face and mask
- While in use, avoid touching the mask
- Whenever you touch a used mask, for example when removing or washing, clean hands by washing with soap and water or an alcohol-based rub
- Replace masks with a new clean, dry mask as soon as they become damp / humid
- Do not re-use single-use masks after each use and dispose of them immediately upon removing.

WHAT YOU SHOULD DO IF YOU THINK YOU HAVE THE ILLNESS

- You will not be able to tell the difference between seasonal flu and A(H1N1) without medical help. Watch out for typical symptoms: fever, cough, headache, body ache, sore throat, runny nose. Only a laboratory test can confirm swine flu.
- Seek medical help if you experience shortness of breath or difficulty in breathing, or if a fever continues for more than three days. Children with fast or laboured breathing, continuous fevers, or seizures need medical help.

IF YOU HAVE ANY OF THE SYMPTOMS

- Stay at home and keep away from work, school or crowds
- Rest and take plenty of fluids
- Cover your nose and mouth when sneezing and coughing, and if using tissues, make sure you dispose of them carefully. Clean your hands immediately after with soap and water or cleanse them with an alcohol-based hand rub
- If you do not have a tissue close by when you cough or sneeze, cover your mouth as much as possible with the crook of your elbow
- Using a mask will help you control the spread of droplets which carry the infection to others
- Inform family and friends about your illness and try to avoid contact with other people
- If possible contact a health professional before travelling to a health facility to discuss whether a medical examination is necessary.