



Make sure you keep up to date through the media and public information services with the development of the global Influenza A (H1N1) outbreak. That way you will be well informed and know what action to take as the situation develops.

For further information contact your nearest medical facility



Information on Global Influenza A (H1N1) Outbreak

1—Wash



Wash your hands frequently with soap and avoid touching your face

2—Avoid



Avoid contact with sick people

3—Cover



Cover your mouth when you cough or sneeze

4—Seek



Seek immediate medical attention if you think you have Influenza A (H1N1)

Since April 24 2009, the world has witnessed an outbreak of Influenza A (H1N1) that has spread from Mexico to USA, Europe and New Zealand. It is potentially lethal and so far more than 150 people in Mexico have died from contracting it. There are certain actions and precautions you can take to better protect you and your family from contracting the flu;

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The flu is known as Influenza A (H1N1). It is believed that the flu can be transmitted from person to person through touching, coughing, sneezing and kissing.

Since the flu is new there are many uncertainties about how far it has spread and what the consequences will be. What is clear is that the better prepared we are to face it; the better the chances are of beating it if it comes around.

The symptoms of falling ill with Influenza A H1N1 are very similar to the symptoms of contracting regular seasonal flu. They are fever accompanied by cough, sore throat, body aches, headache, fatigue, and in some cases vomiting and diarrhea. If you think you may have contracted Influenza A (H1N1), develop similar symptoms or an acute respiratory illness then you should see a doctor immediately. There is treatment available for Influenza A (H1N1), but it is only effective if treated early.

If you have been traveling to any of the affected areas in Mexico, USA, Europe or New Zealand, monitor your health closely. If you develop symptoms seek medical attention immediately and advise the healthcare facility that you have recently been in an area that has reported outbreak of Influenza A (H1N1).