

URGENT HEALTH NOTICE

Novel Influenza A (H1N1)



Novel Influenza A (H1N1) previously referred to as “swine flu” is spreading from person to person and has been confirmed in many countries. The new H1N1 is similar to seasonal flu, except that as a new flu virus, it has the potential to be more serious.

The same precautions that apply to seasonal flu, apply to Novel influenza A (H1N1). If you have a flu-like illness*:

1. Catch your cough / sneeze

- into a tissue and dispose of tissue in dustbin (best way!)
- into both your hands or the inside of your elbow
- Wear a mask

2. Wash your hands

- thoroughly with soap & water after coughing

3. Stay at home if you have flu-like illness

* Flu starts **suddenly** with:

- Fever
- Tiredness
- Cough/sore throat
- Runny nose
- Aches and pains
- sometimes also with diarrhoea or vomiting



Seasonal Flu:

10 000 people die of seasonal flu-related illness every winter in South Africa.

If you have a chronic heart, lung or kidney disease, diabetes, cancer, are HIV + or over 64 years of age....

...decrease your risk of dying - have a seasonal ‘flu shot’ every year!

Health workers should also have a seasonal flu shot every year to decrease the risk of passing flu on to their patients!

The annual seasonal flu vaccine won’t protect against the novel H1N1.