

IMPORTANT HEALTH NOTICE

NOVEL INFLUENZA A (H1N1) PANDEMIC



We want you to know the facts about the new A (H1N1) pandemic virus (commonly known as swine flu) currently spreading throughout the world.

- It is a mild pandemic as most cases are mild and the mortality rate is relatively low.
- It is rarely fatal and can be treated successfully.
- It normally spreads from person to person through coughing and sneezing.
- It causes far fewer deaths than TB, malaria, road accidents, AIDS or heart disease.



You can reduce the discomfort, spread and impact of the virus.

Our advice to YOU:

- If you or family members have flu symptoms, stay at home for 5-7 days.
- Avoid close contact with people who are sick.
- Step up hygiene. Wash hands frequently, especially after coughing or sneezing.
- Cough and sneeze into a tissue. Dispose of the tissue.
- If symptoms persist and are severe, consult your doctor.

For more information, call the Cape Gateway call centre number on 0860 142 142.



Western Cape Department of Health

