

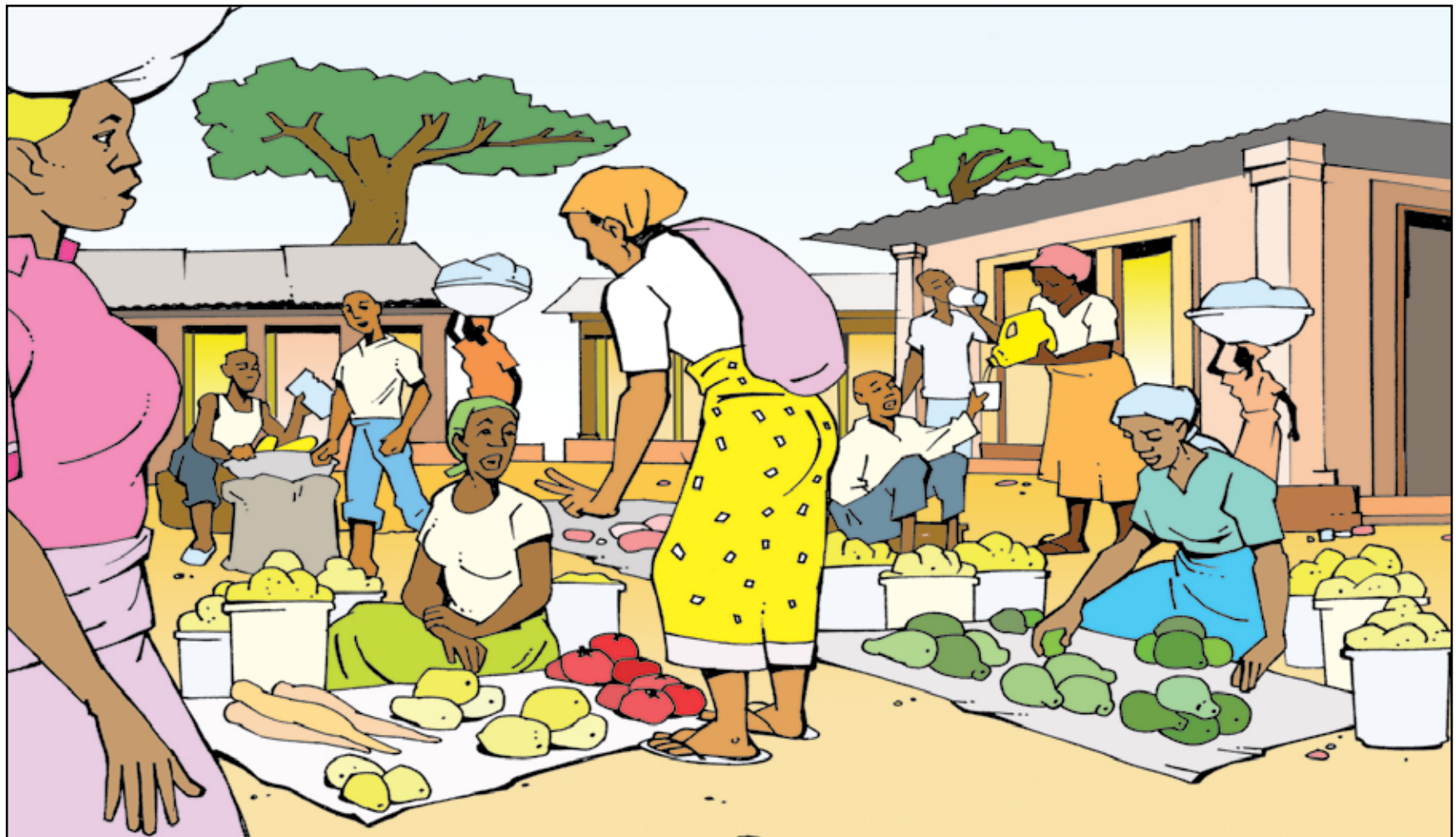
PANDEMIC INFLUENZA

What people should know

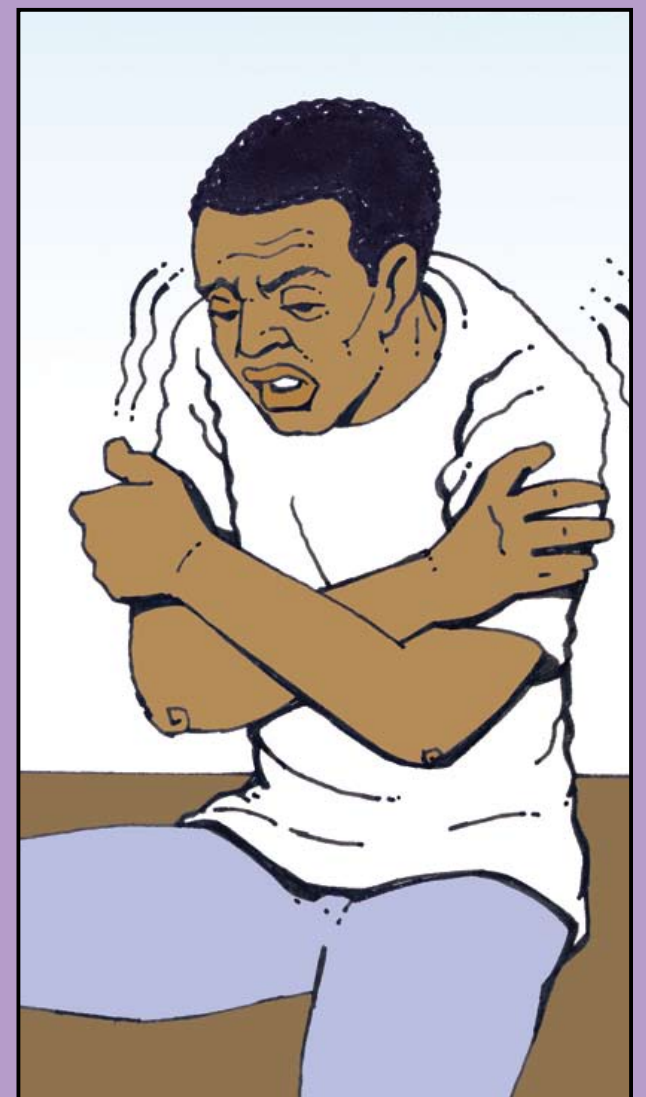


PANDEMIC INFLUENZA

What people should know



PANDEMIC INFLUENZA SYMPTOMS



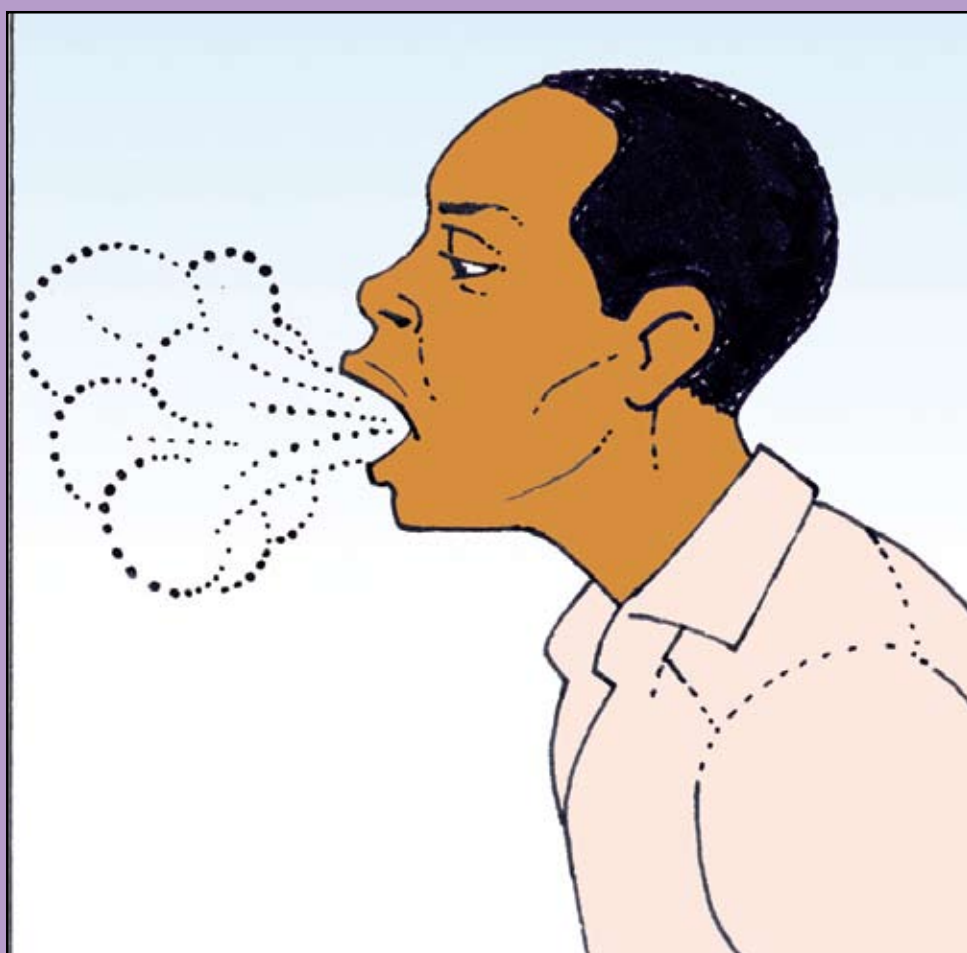
PANDEMIC INFLUENZA SYMPTOMS

You might have pandemic influenza if you have:

- Coughing/sore throat
- Fever
- Headache or body aches
- Fatigue
- Chills
- Diarrhea and vomiting (especially in children)
- Sneezing or runny/stuffy nose

Most people will only have some – not all – of these symptoms.

HOW INFLUENZA CAN SPREAD



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INFLUENZA CAN BE SPREAD BY:

- Breathing the air when droplets come out from the nose and mouth of a sick person when they are sneezing, coughing, breathing or spitting.
- Touching things – such as cups, telephones, or door knobs – that a sick person has touched.
- Being in places where there are many people close to each other, such as markets, schools, places of worship and social gatherings.

Influenza can be spread even before a person has symptoms.

A sick person who does not look sick can still spread the disease.

HOW TO STOP THE SPREAD OF INFLUENZA

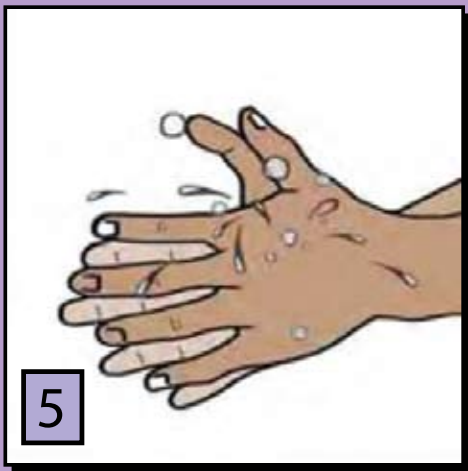
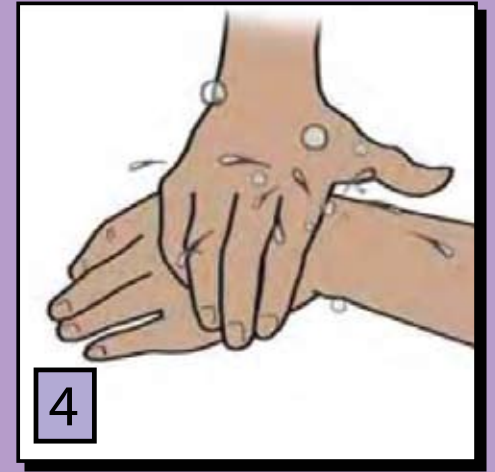
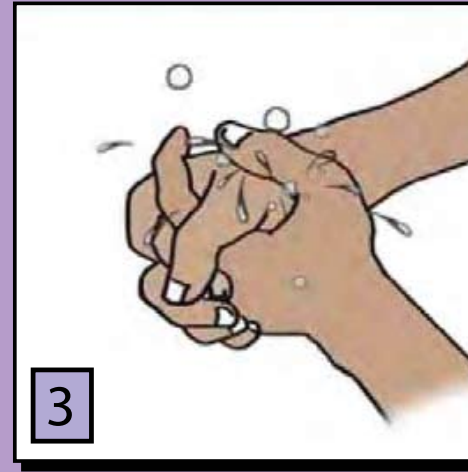


HOW TO STOP THE SPREAD OF INFLUENZA

You can help stop the spread of influenza by doing four things:

1. Covering your mouth and nose with a cloth or tissue when you cough or sneeze. If you do not have a cloth or tissue, cough or sneeze into the crook of your elbow.
2. Washing your hands often with soap and water.
3. Separating those who are ill from others in the household.
4. Keeping at least a 2 meter distance from people who are sick.

ALWAYS WASH YOUR HANDS WITH SOAP AND WATER



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WASHING YOUR HANDS CORRECTLY WITH SOAP AND WATER WILL KILL THE GERMS. FOLLOW THESE STEPS:

1. Wet hands with water
2. Rub soap with hands
3. Rub the palms together
4. Rub the back of each hand with the other hand
5. Wash the spaces between all fingers
6. Wash under your nails
7. Wash your wrists
8. Rinse well with water

ALWAYS WASH YOUR HANDS WITH SOAP AND WATER

- Before and after preparing food
- Before and after eating
- Before and after caring for a person who is sick with influenza
- After touching something that a sick person has touched
- After sneezing, coughing or blowing your nose
- Before and after using the toilet

CLEAN THINGS THAT ARE TOUCHED BY A PERSON WITH THE FLU

This can be door knobs, lamps, telephones, sinks, tables, linens, and drinking and eating utensils. Use soap and water.

PROTECT YOURSELF AND OTHERS FROM GETTING SICK



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COVER YOUR MOUTH AND NOSE WITH A TISSUE OR CLOTH WHEN YOU COUGH OR SNEEZE

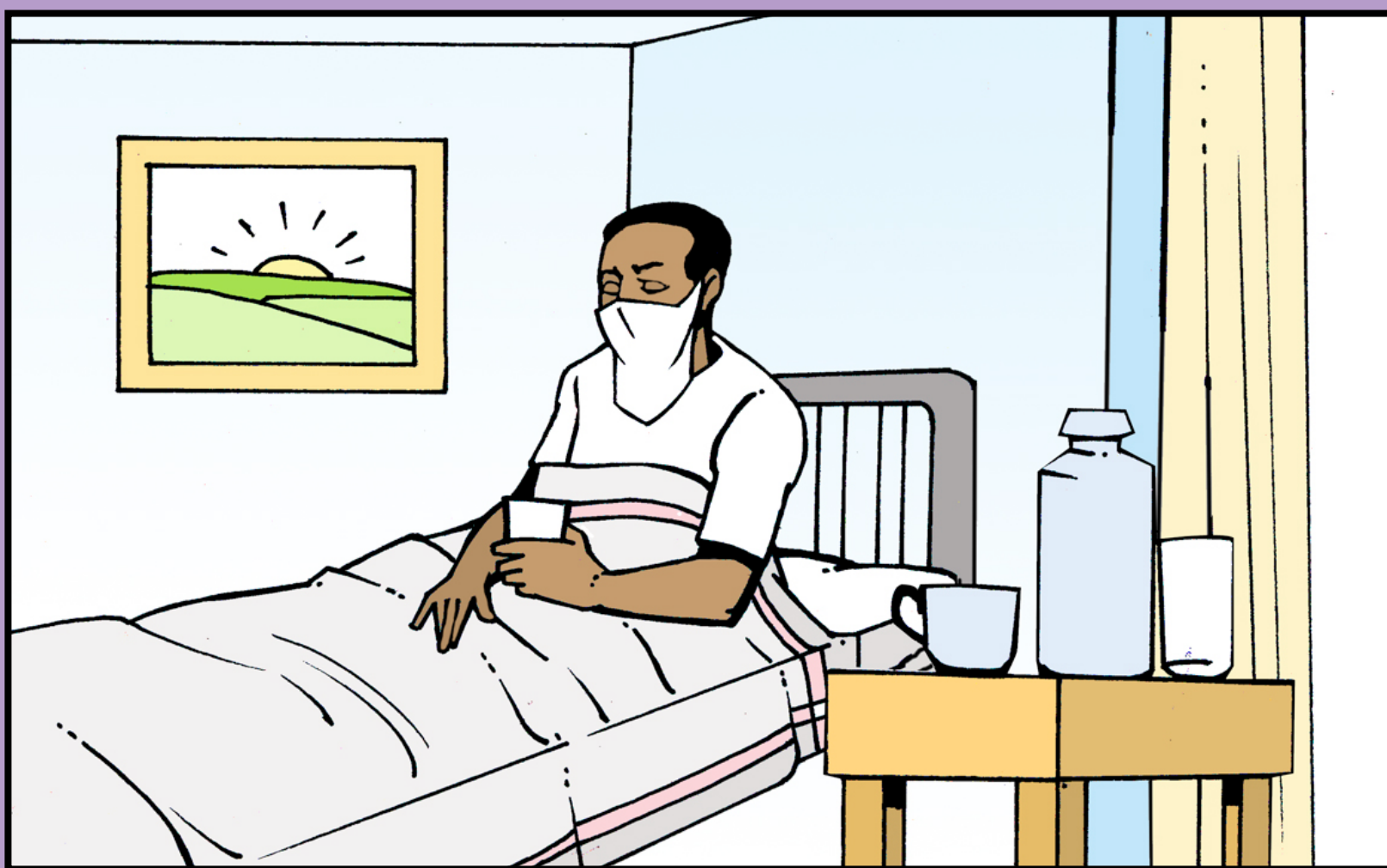
If you do not have a tissue or cloth, use the crook of your elbow to cover your cough or sneeze.

Keep at least a 2-meter distance from groups of people.

IF YOU ARE CARING FOR A PERSON WHO IS SICK

- Create a separate space to take care of the sick person. This should be at least 2 meters away from other people.
- Have only one person in the family tend to the sick person to prevent others in the household from getting sick.
- Limit visitors to the sick person.
- Wear a mask or cloth over your mouth and nose when you are close to the sick person.
- Wash hands with soap and water before and after caring for the sick person.

WHAT TO DO IF YOUR SICK



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If you are showing symptoms of the flu, **STAY AT HOME**

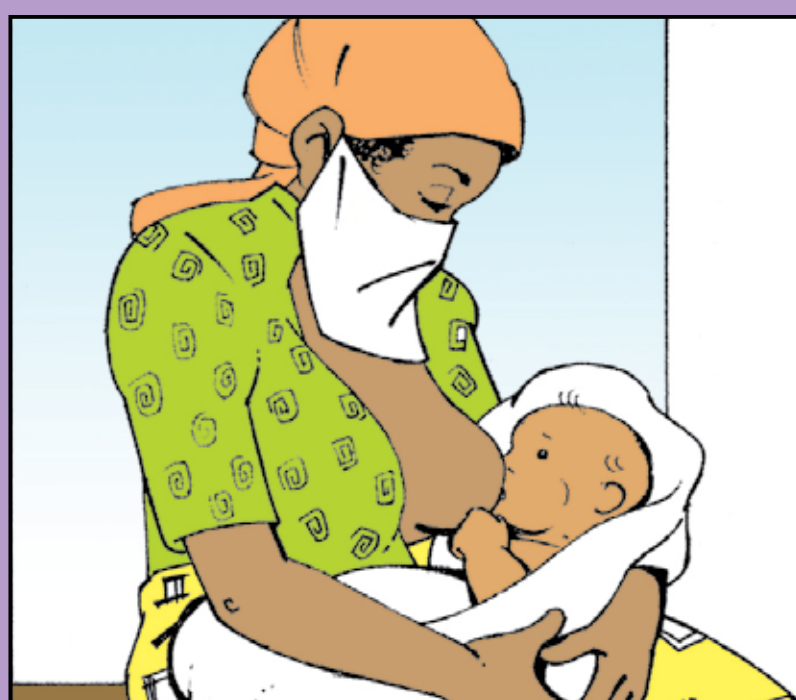
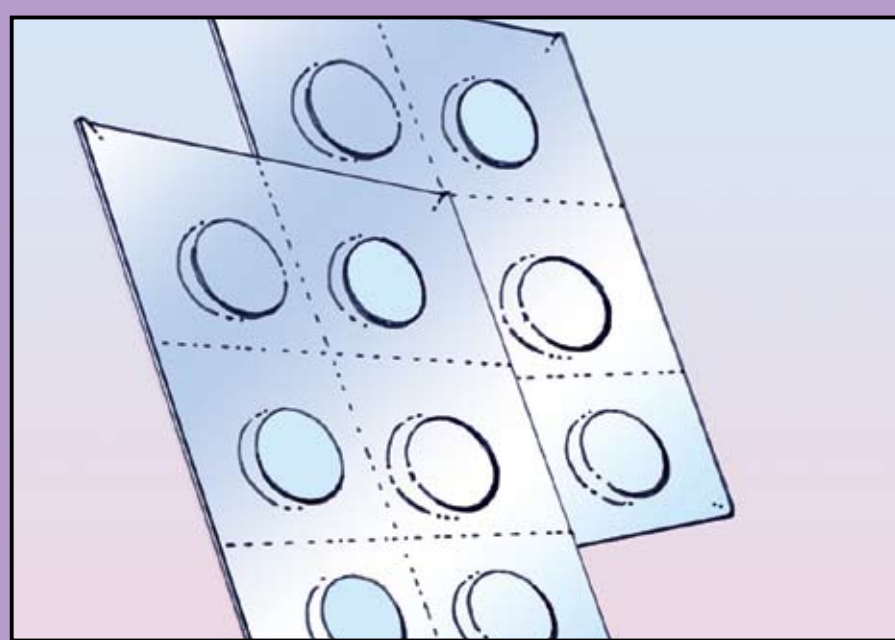
- Do not go to work or school. Avoid public gatherings.
- Rest in a separate room or area until you recover fully to stop spreading the disease to others.

COVER YOUR MOUTH AND NOSE with a mask or cloth when you are near other people to help prevent the spread of the disease.

WASH YOUR HANDS with soap and water often, especially after coughing and/or sneezing.

FREQUENTLY DRINK WATER or other clear fluids to prevent getting dehydrated.

HOW TO TREAT FLU SYMPTOMS



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Fever

- Keep the sick person in clean, dry and loose clothes
- If the person is chilled, cover with a blanket
- If the person becomes very hot, loosen clothing
- Give medicine such as ibuprofen, paracetamol, or acetaminophen every six hours
- Sponge the sick person with lukewarm (wrist-temperature) water. Do not sponge with alcohol.

Dehydration

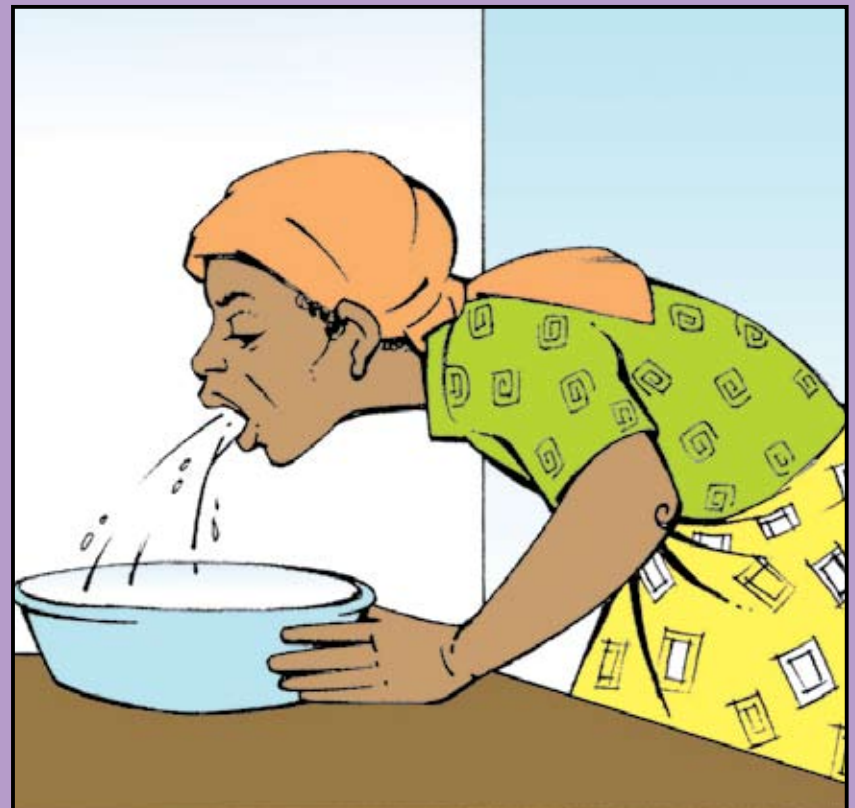
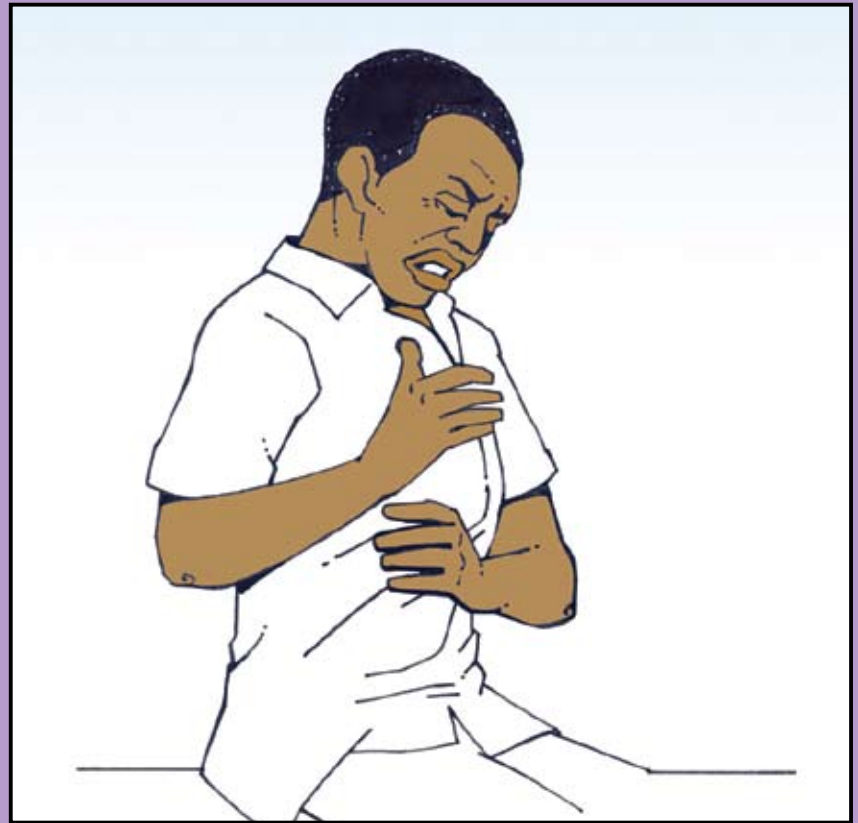
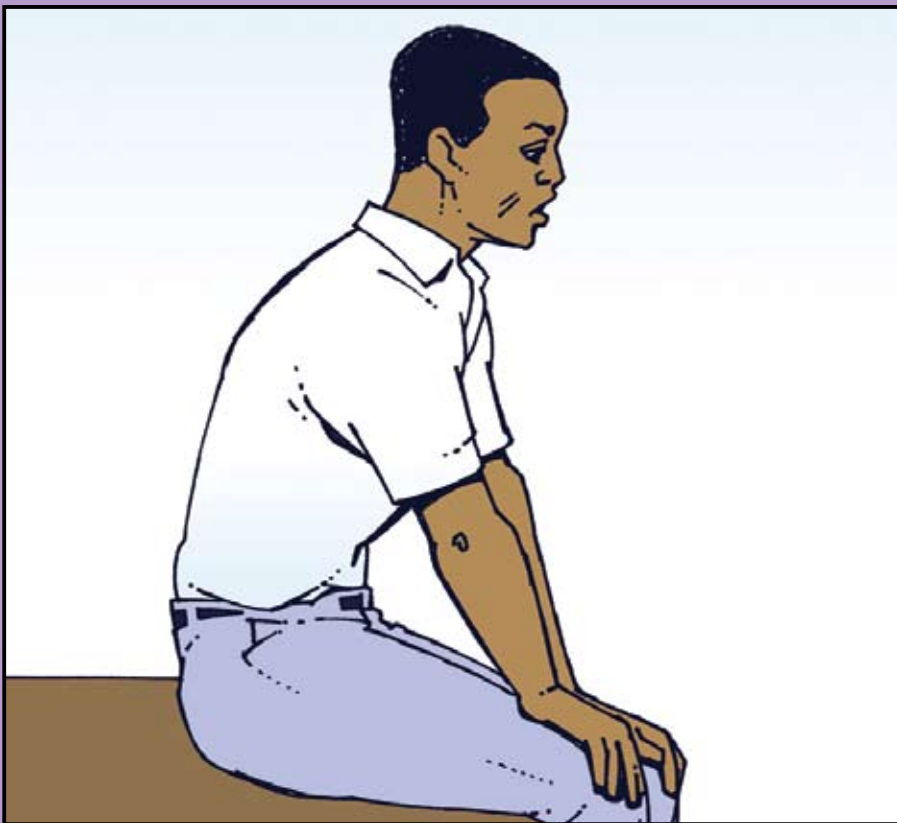
Avoid dehydration by giving the sick person enough to drink and eat while they are ill.

- If the sick person is not urinating much or the urine is dark, they might be dehydrated and need water.
- Check for dehydration by lightly pinching some skin on the belly of a child or the upper chest of an adult, then let go. If the person has enough fluid, the skin will flatten out again right away. If the person is dehydrated, the skin will stay stretched up in the shape of the pinch for a few seconds.

If the person is very weak or shows these signs of dehydration, give oral rehydration solution according to instructions on the packet, or clear drinks available in the home.

Continue to breastfeed infants that are nursing.

WHEN TO GO TO THE HEALTH FACILITY



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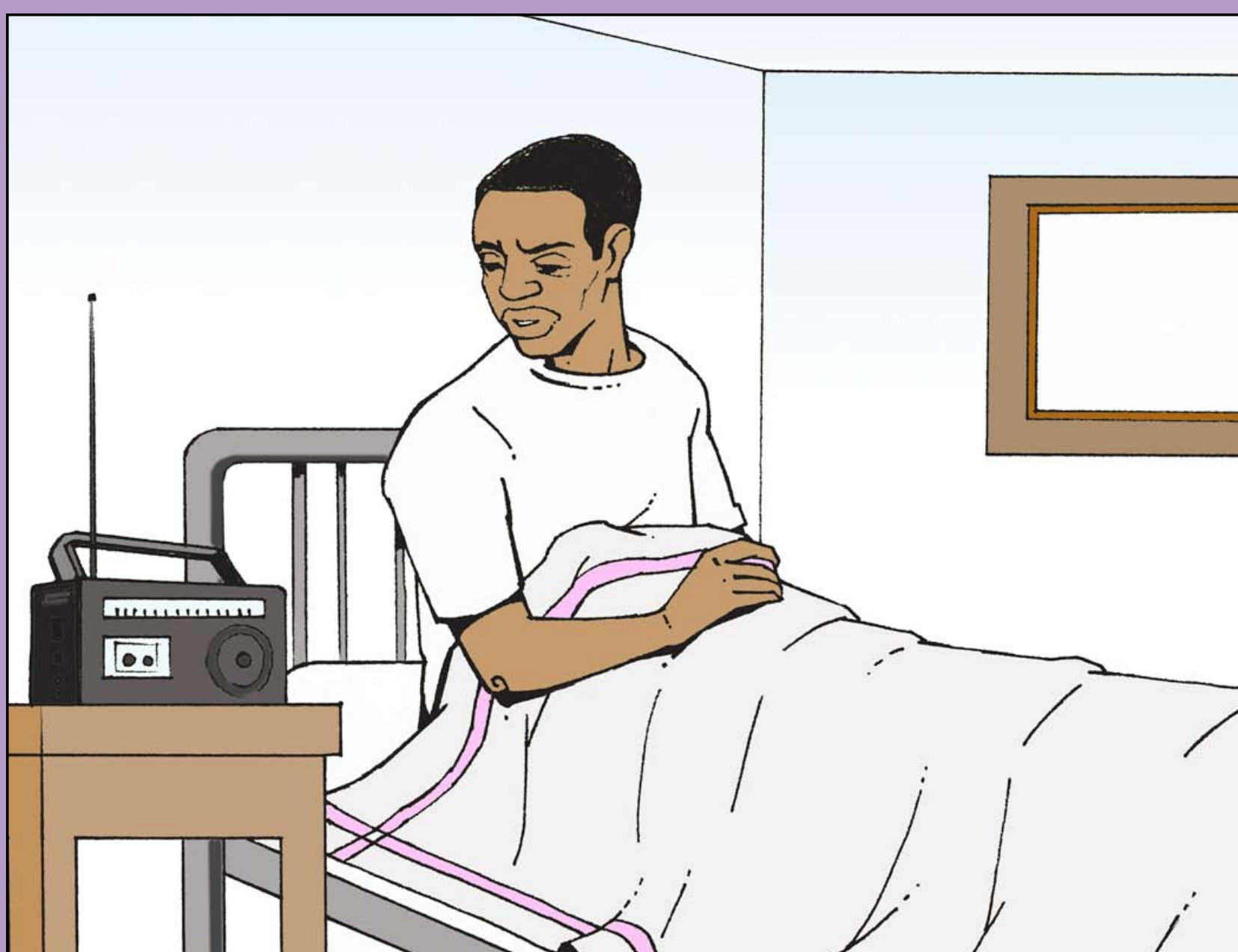
GO TO A HEALTH FACILITY ONLY IF YOU HAVE SEVERE PROBLEMS,
such as:

- Difficulty breathing
- Chest pain
- Coughing up blood
- Lips or skin turning blue
- Severe vomiting or diarrhea
- Not waking up
- Confusion (such as not recognizing family or friends)
- Shaking that cannot be controlled

Always bring a sick infant who is younger than 2 months and refuses to feed to the health care facility.

If you live in an area where malaria is common, you should always go to the health care facility if you have fever.

LISTEN FOR NEWS



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Always listen to announcements from local leaders, television broadcasts, or hotlines to keep up to date on what actions you should be taking.

Information is also available at:

www.pandemicpreparedness.org

www.who.int