

Visiting time:

For visitors recommended to limited number of visitor if they want to enter the room mask, gloves must be worn and always keep the door closed and to not visit another patient espials low immunity to prevent any transmission.



What Can I do to Avoid the Flu?

- Wash your hands with warm, soapy water OR an alcohol-based hand sanitizer.
- Cough or sneeze into a tissue or upper sleeve
- Speak with your healthcare provider about the seasonal and H1N1 vaccine.

Infection control Department

H1N1 Flu (Swine Flu)

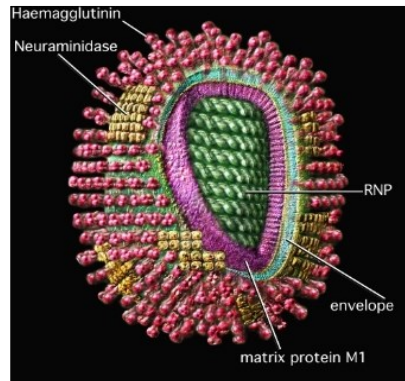


Patient and visitor information

What is H1N1?

H1N1, often called Swine Flu, is an acute respiratory disease .

◆ It is a novel influenza virus, or new virus, that most people have not been previously exposed to.



How is H1N1 Spread?

H1N1 is spread through the germs in a cough or sneeze.

You can become sick by:

SWINE FLU (H1N1)

- ◆ Breathing in these germs.
- ◆ Touching a surface, such as a doorknob, with a flu germ on it, and then touching your eyes, mouth and/or nose.



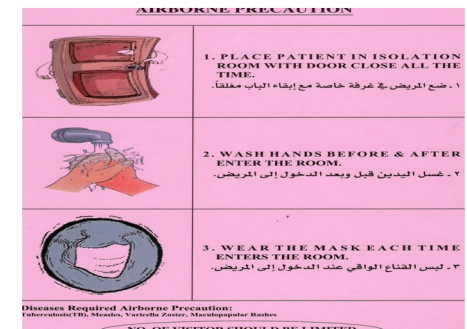
What are the Symptoms of H1N1?

- ◆ Fever (over 37.8 degrees Celsius)
- ◆ Sore throat and/or Cough
- ◆ Chills
- ◆ Headache and Body Aches
- ◆ Fatigue



What happen if i got H1N1?

Don't worry there is treatment you will be place in single room and there is sign attach to the door sign airborne isolation



What treatment will I need?

Your doctor will decide what treatment you require if you are found to have H1N1 antiviral my prescribe.

