

Helpful public health hints?

- * A(H1N1) can be contagious as long as the infected person is showing symptoms (approximately 7 days).
- * A(H1N1) can live 2 hours or longer on surfaces like door knobs and desks.
- * Frequent hand washing reduces the chance of getting contaminated with A(H1N1).
- * Soap and water as well as commercial hand cleaners are effective in protecting the person from catching A(H1N1) influenza.



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Hotline 800358

SWINE INFLUENZA

A(H1N1)

Not everyone who sneezes has Swine Flu, there is no cause to panic.



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If you have been to a country with A(H1N1) cases and you developed the symptoms, seek medical help immediately.

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Why Education is Important?

At this time, there is nothing to worry about. A(N1H1) outbreak poses no immediate threat to UAE residents. However, education would make people better prepared to deal with A(H1N1) Flu and stop its spread as well as lower the level of panic associated with it.

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What is Swine Flu?

It is a respiratory illness caused by type A (H1N1) influenza virus that has originated from pigs. It is contagious and can now spread from a person to person.

How do people become infected?

Infection with A(H1N1) occurs in humans when person coughs or sneezes. Infected droplets get on the hands, drop into surfaces, or are dispersed into the air. Another healthy person can be exposed by breathing in contaminated air, or touching infected hands or surfaces.

To prevent spread of A(H1N1) virus, people should cover their mouths and noses with a tissue when coughing, and wash their hands regularly.

Is it safe to travel?

At this point, there is no travel restrictions related to the outbreak of A(H1N1).

Who are the people at risk?

Travellers coming from affected countries should immediately report to the nearest health care facility if the following symptoms become apparent:

- * Fever
- * Cough
- * Sore throat
- * Eye pain
- * Shortness of breath
- * Muscle pain
- * Extreme fatigue

Are there medicines to treat Swine Flu A(H1N1)?

There is no vaccine for A(H1N1) yet. However, there is no cause for panic. Enough amounts of effective antiviral medication are stockpiled in the UAE.

