

with a fever and a worse cough

- * flu-like symptoms persist for longer than 5 days

; ◦ **Children**

- * have fast breathing or have difficulty breathing
- * bluish or grey skin colour
- * not eating or drinking enough fluids
- * not waking up or very drowsy
- * very irritable - not wanting to be picked up or cuddled
- * flu-like symptoms improve but then return with a fever and a worse cough

- Get medical advice if you have a serious condition:

- This includes if you have respiratory disease, heart disease, liver disease, blood disorders and neurological conditions or immunosuppression (including

immunosuppression caused by medications or by HIV)

Breast feeding mothers

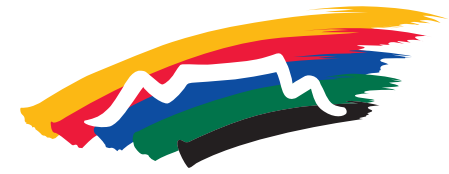
Any Influenza can be very serious in young babies. However, babies who are breast fed do not get as sick, and are sick less often, than babies who are not breast fed.

Don't stop breast feeding if you are ill. Breast feeding protects babies because breast milk passes on antibodies from the mother to the baby. Antibodies help to fight off infection.

If you are too sick to breast feed, express milk and have someone give it to your baby.



Produced by the Health Resource Centre, City Health
Tel.: (021) 911-0933/66 Fax.: (021) 939-2619



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU



NOVEL INFLUENZA A H1N1 (Swine Flu)

Protecting yourself and others



Personal hygiene is really important in reducing your chances of getting Influenza A (H1N1) virus, or passing it on to others:

- Wash and dry your hands frequently
- Cover your coughs and sneezes
- Stay away from other people if you or they are sick
- If you've got flu symptoms
- If your condition worsens
- Get medical advice if you have a serious condition



Wash and dry your hands frequently

- Wash your hands for at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub
- Wash your hands before preparing food and eating or smoking, after coughing,

sneezing, wiping children's noses, visiting the toilet or changing nappies

- Cover your coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a bin (if you don't have a tissue, cough or sneeze into your upper sleeve – not your hands)
- Remember to wash your hands afterwards
- Avoid touching your nose, mouth or eyes. Germs spread that way. Stay away from other people if you or they are sick
- If you become unwell, stay away from other people
- Try to stay a metre away from sick people to reduce the spread of germs

Cleaning

Regularly clean flat surfaces such as bathroom sinks, bedside

cabinets, desks and table tops where germs can live for up to 48 hours. Wipe them down with a household disinfectant.

If you've got flu symptoms:

Stay at home until essentially well, that is not sneezing and coughing as this is how the virus spreads. This is usually around three to four days after symptoms start, but may be up to a week.

If your condition worsens:

- Seek medical advice from your healthcare provider if:
 - **Adults**
 - * have difficulty breathing or are short of breath
 - * pain or pressure in the chest or abdomen
 - * sudden dizziness
 - * confusion
 - * severe or persistent vomiting
 - * flu-like symptoms improve, but then return