

Novel Influenza A (H1N1) (Swine Flu)



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU

UPDATE

The media has been reporting on the increase of the H1N1 virus (swine flu) in South Africa.

There is no need to panic as this flu is the same as any other flu and can really be treated in the same way as seasonal flu. People who suffer from chronic illness, i.e. diabetes, chronic asthma, are HIV positive or any other illness that may require regular medication, must be particularly aware of any flu symptoms – both seasonal or the H1N1 virus (swine flu).

What is H1N1 or swine flu?

It is a new influenza virus causing illness in people. The outbreak that started in Mexico and the USA has now spread to many other countries, including SA. You cannot contract this flu from eating pork or coming into contact with pigs.

What are the symptoms?

The influenza-like symptoms include: fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhoea. Your doctor will determine if testing for H1N1 and treatment is needed.

How is it spread?

The H1N1 virus spreads exactly the same way as regular seasonal flu viruses – person-to-person transmission through coughing, sneezing and touching infected person/s or

Novel Influenza A (H1N1) (Swine Flu)



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU

UPDATE

The media has been reporting on the increase of the H1N1 virus (swine flu) in South Africa.

There is no need to panic as this flu is the same as any other flu and can really be treated in the same way as seasonal flu. People who suffer from chronic illness, i.e. diabetes, chronic asthma, are HIV positive or any other illness that may require regular medication, must be particularly aware of any flu symptoms – both seasonal or the H1N1 virus (swine flu).

What is H1N1 or swine flu?

It is a new influenza virus causing illness in people. The outbreak that started in Mexico and the USA has now spread to many other countries, including SA. You cannot contract this flu from eating pork or coming into contact with pigs.

What are the symptoms?

The influenza-like symptoms include: fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhoea. Your doctor will determine if testing for H1N1 and treatment is needed.

How is it spread?

The H1N1 virus spreads exactly the same way as regular seasonal flu viruses – person-to-person transmission through coughing, sneezing and touching infected person/s or

surfaces such as door knobs, hand rails, countertops etc.

Flu safety basics are therefore the same whether it is human flu or H1N1 (swine flu) and the flu safety tips below encourage good personal hygiene practices.

Good news

Firstly, there are antiviral medicines to treat the swine flu. These medicines may also prevent serious flu complications. Secondly, the H1N1 viruses are not spread by food. Eating properly handled and cooked products are safe and there is no need to throw away or stop eating pork or pork products.

Flu-safety tips

Please take a moment to read the tips which will help to avoid any flu and prevent the unnecessary spread of the virus.

- ❖ **Tip 1: See your doctor and get a certificate as you would if you had seasonal flu and stay at home if recommended**
- ❖ **Tip 2: Avoid close contact with people who are sick.**
- ❖ **Tip 3: Wash your hands often with soap and water.**
- ❖ **Tip 4: Avoid touching your eyes, nose and mouth.**
- ❖ **Tip 5: Cover your mouth or nose with a tissue when coughing or sneezing.**
- ❖ **Tip 6: Keep up with health information .**

Normal sick leave policy will apply to suspected H1N1 flu cases.

surfaces such as door knobs, hand rails, countertops etc.

Flu safety basics are therefore the same whether it is human flu or H1N1 (swine flu) and the flu safety tips below encourage good personal hygiene practices.

Good news

Firstly, there are antiviral medicines to treat the swine flu. These medicines may also prevent serious flu complications. Secondly, the H1N1 viruses are not spread by food. Eating properly handled and cooked products are safe and there is no need to throw away or stop eating pork or pork products.

Flu-safety tips

Please take a moment to read the tips which will help to avoid any flu and prevent the unnecessary spread of the virus.

- ❖ **Tip 1: See your doctor and get a certificate as you would if you had seasonal flu and stay at home if recommended**
- ❖ **Tip 2: Avoid close contact with people who are sick.**
- ❖ **Tip 3: Wash your hands often with soap and water.**
- ❖ **Tip 4: Avoid touching your eyes, nose and mouth.**
- ❖ **Tip 5: Cover your mouth or nose with a tissue when coughing or sneezing.**
- ❖ **Tip 6: Keep up with health information .**

Normal sick leave policy will apply to suspected H1N1 flu cases.