

H1N1

You can help the Free State to prevent and deal with H1N1 influenza by taking everyday precautions that can help protect you and others against flu.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the bin after using it.
- Wash your hands with soap and water, especially after coughing or sneezing.
- Avoid close contact with sick people.
- If you have a flu stay at home.

The symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Diarrhea and vomiting may occur.

Should you experience any of these symptoms and have had contact with somebody who is already infected, seek medical attention at your nearest health facility.

H1N1 influenza can be successfully treated.

This message is brought to you by the Free State Department of Health.

For more information call the H1N1
Hotline number: 0861 364 232.

EMERGENCY NUMBERS

Police Emergency Services
10111

Fire Brigade
+ 27 51 406 6666

AMBULANCE SERVICES

Provincial:
10177 or + 27 51 407 600

Er24:
084 124 or +2751 444 3724

Mapanya 911:
086 1960 960

Netcare 911:
082 911

Life Rosepark Response:
0800 22 22 22 or
+27 51 505 5200

BLOEMFONTEIN / MANGAUNG HOSPITALS

CONTACT INFORMATION



health

Department of
Health
FREE STATE PROVINCE

UNIVERSITAS ACADEMIC HOSPITAL



Universitas Academic Hospital
1 Logeman Street, Universitas
Postal Address:
Private Bag X20660
BLOEMFONTEIN 9300
Tel: +27 51-405 3911
Fax: +27 51-444 0792

PELONOMI REGIONAL HOSPITAL



Pelonomi Regional Hospital
Dr Belcher Road, Heidedal
Postal Address:
Private Bag X20518
BLOEMFONTEIN
Tel: +27 51 – 405 1901
Fax: +27 51 – 405 1537

NATIONAL DISTRICT HOSPITAL



National District Hospital
Roth Avenue, Willows • BLOEMFONTEIN
Postal Address:
Private Bag X20598
BLOEMFONTEIN 9300
Tel: +27 51 – 403 9600
Fax: +27 51 – 403 9626

A healthy and

self-reliant

Free State community

UNIVERSITAS NETCARE PRIVATE HOSPITAL

1 Logeman Street, Universitas
Postal Address:
PO Box 11595
Universitas
9321
Tel: +27 51 506 3500
Fax: +27 51 444 5499

LIFE ROSE PARK HOSPITAL

57 Gustav Cres
Fichardt Park
Box 3268
Tel: 051 505 5111

PELONOMI NETCARE PRIVATE HOSPITAL

121 Dr Belcher Rd, Heideda
Postal Address:
PO Box 11981,
Universitas
9321
Tel: +27 51 407 1500
Fax: +27 51 444 5499

BLOEMFONTEIN MEDI-CLINIC

Cnr Kellner & Parfitt Street,
Westdene, Bloemfontein, 9301
Postal Address:
P O Box 12651, Brandhof, 9324
Tel: +27 51 404 6666
Fax: +27 51 444 1509
24 Hour Emergency Centre:
080 005 1051 / +27 51 404 6225/6