

Fact Sheet

Influenza A H1N1

1. What is Influenza A H1N1 virus (Swine Flu)?

Influenza A H1N1 is a disease that is caused by a virus that affects the respiratory system.

2. How does Influenza A H1N1 spread?

Influenza A H1N1 viruses are made up of tiny particles that can be spread through the droplets that come out of your nose and mouth when you cough or sneeze.

When you cough or sneeze, these droplets can spread and others will be at risk of breathing them in.

If you cough or sneeze into your hand, germs are easily spread from your hand to any hard surface that you touch and they can live on those surfaces for some time.

If other people touch these surfaces and then touch their mouth, nose and eyes, the germs can enter their bodies.

Because this is a new virus, no one will have immunity to it. You are more at risk, if you have travelled internationally [to countries affected by influenza A H1N1 or have been in contact with someone who has recently traveled internationally to affected countries or is infected with Influenza A H1N1.

3. What are the signs and symptoms of Influenza A H1N1 in people?

The symptoms of human Influenza A H1N1 are similar to the symptoms of regular seasonal flu and

include fever, cough, sore throat body aches, headache, chills and fatigue. Diarrhea and vomiting may occur. Should you experience any of those symptoms and have had contact with somebody who has recently travelled internationally to affected countries, or you have recently travelled internationally or being in contact with a person, who is already infected, seek medical attention at your nearest health facility.

4. What can I do to protect myself and others against Influenza A H1N1?

There is no vaccine available to protect against influenza A H1N1. Take everyday actions 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 you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Try to avoid close contact with sick people.
- If you get sick with flu, limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

5. Can I get Influenza A H1N1 from eating or preparing pork?

No. Influenza A H1N1 viruses are not spread by food. You cannot get influenza A H1N1 from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Contact your nearest Primary Health Care clinic
for more information or call 0800 53 55 54

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