

Help us keep H1N1 INFLUENZA (SWINE FLU) out of South Africa

Cases of human transmission of swine flu have been confirmed in many parts of the world with the epicentre being Mexico. The rapid spread of the disease across the world is a major cause for concern and the South African government has implemented a detailed plan, in line with recommendations of the World Health Organisation, to protect the people of our country.

At present we have ONE suspected case of swine flu which has been successfully treated. This person had recently travelled in Mexico where she contracted the disease. We must work together to ensure that there is no transmission of swine flu in South Africa.

WHAT ARE THE SYMPTOMS OF SWINE INFLUENZA (FLU)?

The symptoms of swine flu include: aches and pains, fever, fatigue, runny nose, sore throat, vomiting and diarrhoea.

HOW DOES A PERSON GET INFECTED WITH SWINE FLU?

It spreads in the same way as seasonal flu – through coughing and sneezing. It is an airborne disease. You cannot catch it through eating pork.

Prevent transmission of swine flu by:

- Coughing and sneezing into a tissue or hanky
- Washing hands thoroughly
- Avoiding crowded areas especially if you have symptoms of the flu

ARE THERE ANY MEDICINES TO TREAT SWINE INFLUENZA?

Swine flu is treatable with antivirals. These are available in South Africa but may only be used under the direction of a medical doctor. Should you have symptoms of the flu and have travelled recently to areas that have swine flu please consult your nearest health facility.

THERE IS NO NEED FOR PANIC BUT EACH OF US CAN TAKE SIMPLE PRECAUTIONS TO ENSURE THAT SOUTH AFRICA IS FREE FROM SWINE FLU

choose a healthy lifestyle

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



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