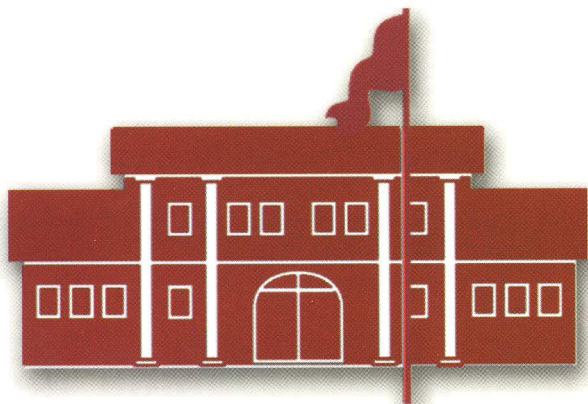


Influenza A(H1N1)



**A Guide for
Local Chief Executives**

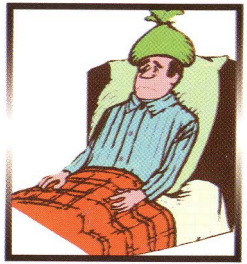
What is Influenza A(H1N1) ?

- Influenza A(H1N1) is caused by a new virus that resulted from the re-assortment of 4 viruses from pigs, human and birds.
- It is a new virus causing illness to people.
- It was first detected in people in April 2009 in the Americas.
- This virus is spreading from person-to-person, in the same way regular seasonal influenza viruses spread.
- There is no vaccine yet to protect humans from this virus.
- But there are existing and recommended medicines that are effective in treating Influenza A(H1N1)
- Influenza A(H1N1) can be fatal due to severe respiratory distress (pneumonia)

What are the signs and symptoms in humans?

- Similar to the symptoms of regular flu such as
 - Fever
 - Headache
 - Fatigue

- Muscle or joint pains
- Lack of appetite
- Runny nose
- Sore throat
- Cough



- A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

How is Influenza A(H1N1) transmitted?

It is transmitted through:

- direct exposure to the droplets when an infected person coughs and sneezes
- touching mouth, nose or eyes after touching infected things

Influenza A(H1N1) is **NOT** transmitted by eating pork. However, be reminded to properly handle and thoroughly cook pork to avoid other diseases.

How long can an infected person spread Influenza A(H1N1) to others?

- Infected person maybe contagious from one day before they develop symptoms to up to 10 days after they get sick.

