

HEALTH ALERT

INFLUENZA A (H1N1)

Look for these symptoms:

FEVER AND

- Cough
- Sore throat
- Runny or stuffy nose

Other symptoms may include:

- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

People with certain chronic medical conditions, adults 65 years or older, children younger than 5 years old, and pregnant women may be at higher risk for severe illness.

Do's & Don'ts

IF YOU THINK YOU HAVE H1 N1 FLU:

- **Stay at home** or in your hotel room if traveling, except to seek medical care. Do not travel or go to work or school.
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

For more information

- Visit <http://www.mohfw-h1n1.nic.in>
- Contact Director (EMR) 011-23061302
- e-mail : diremr@nic.in
- National Help Line : 1075
- Contact your local or state health department

EVERYONE SHOULD:

- **Cover your mouth and nose** with a tissue when you cough or sneeze
- **Wash your hands often** with soap and water or use an alcohol-based hand gel.
- **Avoid touching your eyes, nose or mouth.**
- **Avoid contact with ill persons.**

