

# 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.nic.in/swineflu/main.html>
- Contact Director (EMR) 011-23061302
- e-mail : [diremr@nic.in](mailto: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.**

