

Flu Pandemic: Important information for people with symptoms.

As soon as you notice flu symptoms, please keep to the following measures to protect yourself and others.



Be aware of signs that could indicate flu.

This includes the following symptoms:

- Sudden temperature over 38°C
- Shivering, headache, aching muscles or limbs
- The snuffles, dry cough and sore throat
- Dizziness or difficulty breathing
- Stomach ache, diarrhoea or vomiting



Stay at home.

If you experience several of the above-mentioned symptoms, please stay at home to prevent the disease from spreading.

Cure your flu completely at home. Wait at least 1 day for symptoms to subside before returning to normal life.



When should I contact a doctor?

Contact a doctor when you or your children are at high risk, or exhibit severe flu symptoms.



Wear a hygiene mask.

Wear a hygiene mask at home if you live with other people to prevent you from infecting your relatives and/or flatmates. Those looking after the sick should also wear a mask.



If you have contact with the outside world despite illness, please observe the following points:

- Remain at least 1 metre away from other people.
- Avoid shaking hands.
- Avoid hugging or kissing in greetings.
- Stay away from large groups of people
- Wear a hygiene mask

Have you had direct contact with other people during, or 1 day before, your illness (under 1 m distance)? If so, please inform them about your illness and advise them to pay attention to their state of health.

* **High-risk groups include:** pregnant women, small children, people with chronic illnesses (particularly respiratory disease such as asthma, Chronic Obstructive Pulmonary Disease (COPD) or cystic fibrosis; cardiovascular disease; metabolic diseases such as diabetes or kidney disease), people with congenital or Acquired Immune Deficiency Syndrome (AIDS) and immunosuppressive therapy, those over 65 years old, as well as residents at old people's homes and care facilities.

As at August 2009