

What can I do?

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What are the recommendations for face masks?

If you are not sick you do not have to wear a mask. If you are caring for a sick person you should wear a mask. All home made masks should be cleansed regularly.

If you are sick, stay at home and avoid contact with people.

How can I protect myself and prevent illness?

Practise general preventive measures for influenza to prevent infection:

- avoid close contact with people who appear unwell and have fever and cough;
- wash your hands with soap and water thoroughly and often;
- practise good health habits including adequate sleep, eating nutritious food, and keeping physically active.

How do I care for an ill person at home?

- Separate the ill person from others, keeping the person at least 1 metre in distance from others.
- Cover your mouth and nose when caring for the ill person. Either commercial or homemade materials are fine, as long as they are disposed of or cleaned properly after use.
- Wash your hands with soap and water thoroughly after each contact with the ill person.
- Improve the air flow where the ill person stays. Use doors and windows to take advantage of breezes.
- Keep the environment clean with readily available household cleaning agents.

If you are living in a country where there are infections follow additional advice from your national and local health authorities.

What should I do if I think I have the illness?

If you feel unwell, have high fever, cough or sore throat:

- **Stay at home and keep away from work, school or crowds.**
- Rest and take plenty of fluids.
- Cover your mouth and nose with disposable tissues when coughing and sneezing, and dispose of the used tissues properly.
- Wash your hands with soap and water often and thoroughly, especially after coughing or sneezing.
- Inform family and friends about your illness and try to avoid contact with other people.

What should I do if I need medical attention?

- **Contact your doctor or healthcare provider before travelling to a health facility,** and report your symptoms. Explain why you think you have influenza A(H1N1) (if you have recently travelled to a country where there is an outbreak in humans). Follow the advice given to you.
- If it is not possible to contact your healthcare provider in advance, communicate your suspicion of infection as soon as you arrive at the facility.
- Cover your nose and mouth during travel.