



Prevention from Infection

- Avoid close contact with influenza ill persons.
- if you have to care for an ill person, you should wear a mask. Wash your hands with soap and water thoroughly after each contact with the ill person.
- Avoid sharing the same glasses, straw, spoon, handkerchief etc. with other persons especially influenza ill persons.
- Use serving spoon when eating with other persons.
- Wash hands with soap and water thoroughly and often especially after coughing and sneezing. Alcohol-based gel hand cleaners are also effective disinfectants.
- take actions to stay healthy including nutritious food, proper and regular exercises, adequate safe water and sleep and avoidance of cigarettes and alcoholic drink.



Prevention of Virus Spreading

- Ill persons should stay at home or seek medical care for 3 - 7 days. This will prevent spreading of influenza.
- Avoid close contact with others.
- Wear mask when happen to be with others or cover nose and mouth with tissues after coughing and sneezing. Throw used tissues in a trash can. Clean hands with soap and water right after.

For more information :

- Contact DDC Call Center 24 hours at Tel. 02 590 3333
- Visit <http://beid.ddc.moph.go.th>



Influenza A (H1N1)



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Influenza A (H1N1)

Influenza A(H1N1), a novel influenza virus, is contagious and transmitted person to person. Outbreaks in human first occurred in Mexico and the United States in March 2009. The disease then spreads to other countries in many parts of the world through international traveling.

Causative Agent

The disease is caused by a novel influenza A(H1N1) virus. From current evidence, the virus is a result of re-assortment between human, swine and avian influenza viruses never before been found in human.

Transmission of Influenza Virus

Influenza A(H1N1) virus in a patient's nose and throat excretion is passed to other persons directly through coughing and sneezing. Another person within 1 metre in distance can also be exposed to the virus by breathing in contaminated air. Indirectly, a person can be infected by touching contaminated hands, surfaces and utensils such as glasses, telephone and door knob etc. The



virus infects a person while they touch their nose, eyes and mouth.

A patient can even transmit the virus 1 day before symptom appears. The most contagious period is the first 3 days of illness. The longest contagious period normally does not exceed 7 days.

Signs and Symptoms

Incubation period of influenza is 1-3 days, In a very rare case that incubation period approaches 7 days. After getting infected, a person will have fever greater than 37.5 Celsius. Symptoms of this new influenza A(H1N1) is quite similar to seasonal influenza starting with fever, headache, body aches, chills, fatigue, cough, sore throat, and in some cases, nausea, vomiting and diarrhea.

Most patients have only mild symptoms and do not require any hospitalization. A patient will gradually recover within 5 - 7 days. However some ill individuals might have severe complications such as pneumonia which can be observed through rapid and trouble breathing.



Treatment

Patients with severe illness should seek medical care at a nearby hospital immediately. Antiviral drug such as oseltamivir prescribed within 48 hours after onset on illness under care of a physician usually gives good treatment result.

Patients with mild sickness i.e. low grade fever and appetite should seek care at a private clinic or consult a pharmacist for proper medicine and advice. Home care of a sick person are as follows :

- Take prescribed medicine for relief of symptoms such as paracetamol etc. Wipe the patients' skin gently and intermittently using towel soaked with clean water to help relief fever.
- Drink plenty of clean water and fruit juice. Avoid drinking cold water.
- Eat soft nutritious food including eggs, vegetables and fruits. In case of low appetite, supplement vitamins will be helpful.
- As the disease is caused by a virus, there is no need to take any antibiotics. Only in case of bacterial complications, antibiotics will be prescribed and a patient must take all of the medicine to prevent drug resistance problem.

