

Is there any vaccine against Seasonal Influenza A (H1N1) pdm09 or Medicine to treat this virus?

- ⇒ Yes. Getting a flu vaccine each year is the best way to prevent the seasonal influenza viruses.
- ⇒ Vaccination is important especially for those at high risk of influenza complications
- ⇒ The use of antiviral medicine (Tamiflu and Relenza) for the treatment of severe infection with Seasonal Influenza A (H1N1) pdm09 is recommended in the form of pills or liquid to fight against the flu.

Your doctor or nurse will tell you if you need to take these medications.



Republic of Namibia

Ministry of Health and Social Services

For more information/assistance please visit your nearest health facility or contact:

Ms. S. Robert Matyenyika
National Surveillance Officer
Tel: 061 203 2423
Cell: 0812213735

Ms. J. Mbanga
IEC / Health promotion
Tel: 061 203 2787
Cell: 0812466172



Republic of Namibia
Ministry of Health and
Social Services

WHAT YOU NEED TO KNOW ABOUT SEASONAL INFLUENZA A (H1N1) PDM09 AND HOW TO PREVENT IT

What is Seasonal Influenza A (H1N1) pdm09?

Influenza A (H1N1) pdm09 has been reclassified as a seasonal influenza virus after the 2009 pandemic. The virus has been circulating globally in the last decade, all year round, and has become part of seasonal influenza. However, cases peak during winter season, therefore more people might be getting ill with flu from this particular strain.

How does the virus spread?

The virus is spread from person to person through:

- ◇ Touching surfaces, clothes or objects contaminated with flu viruses
- ◇ Coughing or sneezing
- ◇ Contact with nasal/oral secretions (droplets) of an infected person.

How can one recognize that he or she is suffering from Seasonal Influenza

Signs and Symptoms of H1N1 Influenza



Should you experience the following signs and symptoms, please go to the nearest health facility without delay:

- Difficulty in breathing
- Fast breathing
- Lower chest wall in-drawing
- Inability to feed in babies and adults
- Inability to suck in babies
- Confusion

Seasonal Influenza A (H1N1) pdm09 can be detected through laboratory test.

Seek medical attention if you have severe flu-like symptoms and drink plenty of fluids to avoid dehydration.

Who is at high risk of getting complications from Influenza (H1N1) pdm09?

- ⇒ Pregnant women
- ⇒ Elderly people aged 65 years and above
- ⇒ Children under 5 years
- ⇒ People with chronic medical conditions

How do you prevent getting infected with Seasonal Influenza A (H1N1) pdm09?

- ◆ The Influenza A H1N1 strain is included in the seasonal flu vaccine which is available in Namibia (only in private sector).
- ◆ Practice respiratory hygiene by covering your nose and mouth with tissue when you sneeze or cough in the triangle of elbow instead of your hands. Throw the tissue in the bin immediately after use.

Coughing technique



Prevention Continue

- ◆ Limit contact with people suffering from flu to prevent getting infected.
- ◆ Wash your hands with soap and running or pouring water. When soap and water are not available, you can use alcohol-based sanitizer
- ◆ Avoid touching your eyes, nose and mouth. Germs spread that way.

What is the best technique for washing my hands to avoid getting or spreading the flu?

- * Wash your hands with soap and running or pouring water for 20 seconds. When soap and water are not available, you can use alcohol-based disposables wipes or sanitizer (hand rub).
- * If you are using sanitizers, rub your hands together, covering all surfaces of your hands including fingers until hands are dry. The sanitizer does not need water to work, the alcohol in it kills the germs on your hands.

FIGHT GERMS BY WASHING YOUR HANDS!

