

## INFORMATION LEAFLET ON THE INFLUENZA A (H1N1) VIRUS FOR VISITORS

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### WHAT IS THE INFLUENZA A (H1N1) VIRUS?

This is a new type of influenza or “flu” virus that is currently causing outbreaks of disease in a number of countries. It spreads mainly from person to person through coughing or sneezing of people with influenza. People may also become infected by touching surfaces contaminated with the virus, and then touching their own mouth, nose and eyes.

### WHAT ARE THE SYMPTOMS OF INFLUENZA A (H1N1) VIRUS INFECTION?

The symptoms appear to be similar to that of regular human seasonal flu, and include fever, cough, headache, muscle and joint pain, sore throat, runny nose, and sometimes vomiting or diarrhoea.

### HOW CAN I REDUCE THE RISK OF GETTING THE INFLUENZA A (H1N1) VIRUS?

Protective measures to reduce the risk of getting or spreading the influenza A (H1N1) virus are the same as for seasonal flu, and most other respiratory infections. They include:

- Cleaning your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand rubs are also effective.
- Covering your mouth and nose when you cough or sneeze, with a tissue, handkerchief or a sleeve. Do not cover your mouth with your bare hand as your hand may become infected and facilitate virus transmission to others.
- Trying to avoid close contact with sick people.
- When ill, staying at home and limiting contact with others to avoid infecting them.

### WHAT SHOULD I DO IF I AM SICK WITH FLU-LIKE SYMPTOMS?

If you experience flu-like symptoms such as fever, cough, headache, muscle and joint pain, sore throat, runny nose, vomiting or diarrhoea:

- Stay home or in your hotel room and avoid close contact with others.
- Wash your hands frequently and always cover your mouth and nose with a tissue or handkerchief when you cough or sneeze and dispose used tissue carefully in a bin.
- If possible, record your temperature daily with a thermometer (the most likely initial symptom is fever).

**If you experience flu-like symptoms when in the WHO building you may contact the WHO Health & Medical Services (ext. 13040).** HMS will evaluate your state of health and guide you on what care is appropriate.

**If you experience flu-like symptoms outside the WHO building:**

- If you are staying in Geneva, you need to see a local General Practitioner who will evaluate the situation and refer you to the Hôpital Cantonal for investigation and care, if needed. For a GP, you may call SOS Médecins (24h/24): +41 22 748 49 50; Genève Médecins (24h/24): +41 22 754 54 54 or Service d'Urgence (07h00-23h00): +41 22 322 20 20.
- If you are staying in France, you need to call 15 for evaluation of the situation, guidance and referral to the appropriate health care setting depending on the evaluation.

**A sick person should not be asked to come into WHO premises without the consent of the HMS Medical Officer.**

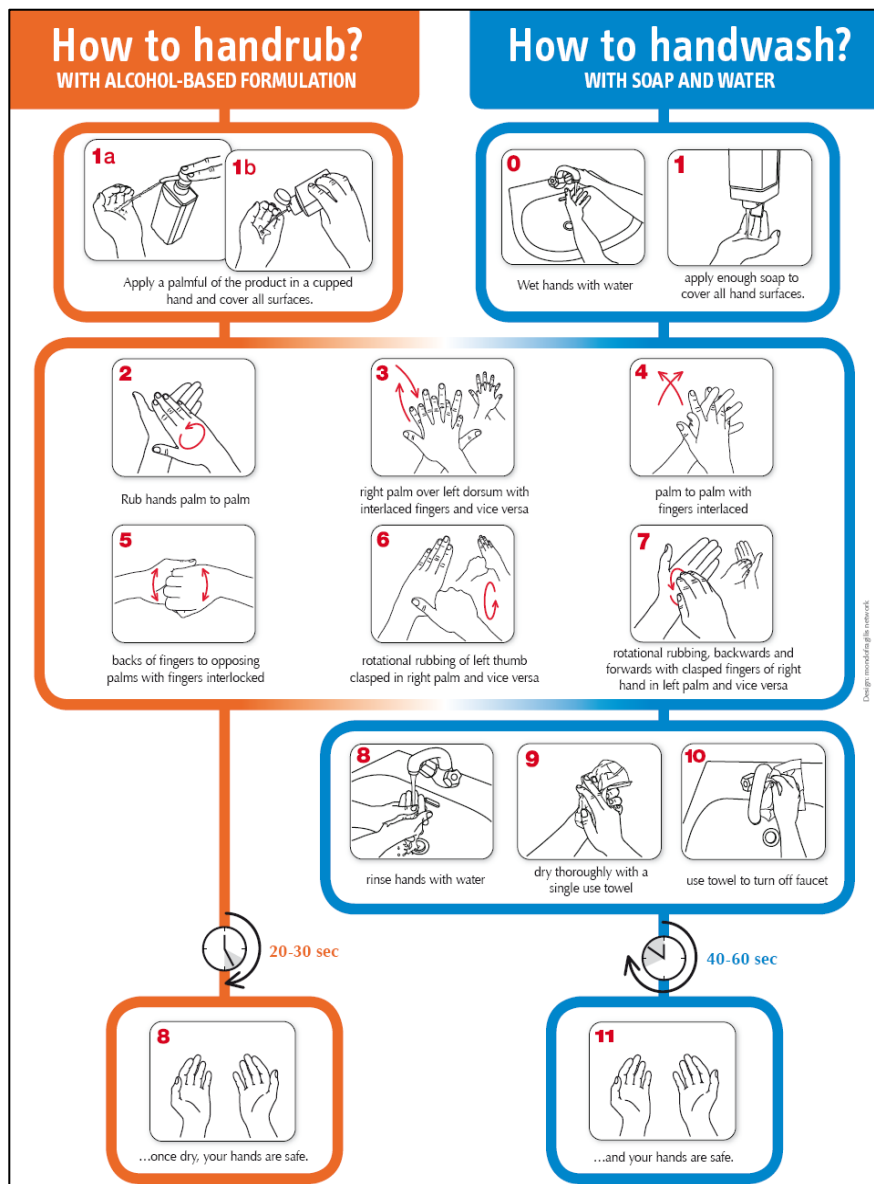
## CARE MANAGEMENT

Care management will be based on the current recommendations of the host country.

### WHERE CAN I FIND MORE INFORMATION?

More information can be found at:

- World Health Organization: <http://www.who.int/csr/disease/swineflu/en/index.html>
- Federal Office of Public Health, Switzerland : <http://www.bag.admin.ch/influenza/>
- Office Fédéral de la Santé Publique (Switzerland): (+41) (0)31 322 21 00;  
<http://www.bag.admin.ch/influenza/06411/index.html?lang=fr>
- Ministère de la Santé Publique (France): from France: 0.825.302.302; from outside of France: + 33.1.53.56.73.23.



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