

Use a disposable tissue and discard it after use.



Cover your nose and mouth when you cough or sneeze.



INFLUENZA A H1N1 PREVENTION IS IN YOUR HANDS

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Avoid crowded or poorly ventilated places



Avoid touching eyes, nose and mouth

Avoid close contact with people who show signs or symptoms of influenza

Do not share personal items

WHAT IS INFLUENZA?

Influenza, also known as “flu” occurs throughout the year but is more frequent in autumn and winter, when temperatures drop.

Influenza can appear in two forms:

Influenza-like illness syndrome, which is more common, or as Severe Acute Respiratory Syndrome - SARS (Severe signs and symptoms that may lead to hospitalization).

Symptoms



Sudden onset of fever



Cough



Sore throat



Headache



Muscle pain or joint pain

If you present these symptoms, seek medical attention in a health center

FLU SYNDROME

In addition to the symptoms above, children under 2 years of age may also present symptoms such as cough, runny nose and nasal obstruction.

Flu symptoms usually improve within a week.

The fever (temperature $\geq 37.8^{\circ}\text{C}$) should diminish within 2 to 3 days from the onset of illness.

Cough, fatigue and malaise may persist for a few weeks.

SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

SARS patients present the same symptoms above, plus shortness of breath and signs of respiratory distress.

The syndrome can also be characterized by a decrease in blood oxygen and blood pressure.

Who should be vaccinated?

- Seniors aged 60 or more;
- Children under five years;
- Pregnant women;
- Women in the period up to 45 days after delivery;
- Indigenous people;
- Patients with chronic diseases (diabetes, heart, lung or renal disease, immune deficiency, etc.);
- People who are morbidly obese or having diseases caused by hemoglobin disorders, such as sickle cell disease.

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