

Influenza A(H1N1) virus

Common-sense precautions:

- Wash your hands with soap and water frequently and thoroughly, **especially after coughing, sneezing and blowing or wiping your nose.**
- Cover your mouth and nose with disposable tissues when coughing or sneezing and dispose of used tissues properly. If you don't have a tissue, cough or sneeze into your sleeve.
- If you are sick, stay at home and keep away from work, school or crowds as much as possible.

If you need medical attention:

- Contact your doctor or healthcare provider before travelling to see them and report your symptoms. Explain why you think you have swine influenza (e.g., recent travel or contact with someone known to have the illness).
- Follow the advice given to you for care.
- If it is not possible to contact your healthcare provider in advance, communicate your suspicion of having swine influenza immediately upon arrival at the healthcare facility.
- Take care to cover your nose and mouth during travel.



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