

Influenza (H1N1)

Be safe at school

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INFLUENZA (H1N1) is a new virus to which most people have no or little immunity and, therefore, can cause more infections than in seasonal flu.

The new influenza (H1N1) appears to be as infectious as seasonal influenza, and is spreading fast particularly among young people. The severity of the disease ranges from very mild to severe illnesses that can result in death. Majority of people who have the virus experience the milder disease and recover without antiviral treatment or medical care.

How do people become infected with the virus?

The virus is spread from person-to-person. It is transmitted

as easily as the normal seasonal flu. It can be passed to other people by exposure to infected droplets expelled by coughing or sneezing that can be inhaled, or that can contaminate hands or surfaces by touching something with flu viruses on it and then touching their mouth or nose.

Signs and symptoms

Symptoms of influenza (H1N1) are flu-like, including fever, cough, headache, muscle and joint pain, sore throat and runny nose, and sometimes vomiting and diarrhoea.

Prevention at school

Ministry of Education is working closely with Ministry of Health to keep all schoolchildren

safe and healthy; the following are some steps to be adopted at school:

1. If the person is at high risk for influenza complications, who becomes ill with influenza-like illness, especially those with chronic diseases or low immunity should go to nearest health centre as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalisations and deaths.
 2. To prevent spread, people who are ill should cover their mouth and nose when coughing or sneezing. They need to stay home when they are unwell, clean their hands regularly, and keep some distance from healthy people, as much as possible.
 3. Schools should maintain adequate stock of personal hygiene products like soap and alcohol-based hand gel. Students should be given enough time to wash their hands during the day.
 4. School staff should routinely clean areas that students and staff touch often with the cleaners they usually use.
 5. Schoolteachers and school health visitors must know the basic information about H1N1 to reassure the students and have to make themselves available to answer the questions and address all concerns.
 6. Schools need to try some ways of separating students if class room is crowded. These can be as simple as moving desks farther apart.
- An effective and safe H1N1 vaccine will be essential to prevent the spread of the disease, but it will be some months before it is available, so all students and teachers should take the above precautions until we have the vaccine.

The Difference between Cold and Swine Flu Symptoms

Symptom	Cold	Swine Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus-producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

Your awareness on preventions of (H1N1)A flu, will protect you and the Community.



Practicing healthy habits like washing hands with water, soap or alcohol formula, covering mouth and nose while coughing or sneezing will provide protection for you and others too.




(H1N1)A flu hotline is always available to answer all queries. For further information please call: 92465422-92466662



Dear Citizens & Residents

With best regards
Ministry of Health