

HELP SPREAD PREVENTION!

Invite your relatives and friends to follow these simple rules. If you have children, always set them a good example. Teach them to count to 20 when they wash their hands, and show them how to cover their nose and mouth when coughing or sneezing.

FOR INFORMATION ON SWINE FLU, WHAT TO DO IN THE EVENT OF SICKNESS OR TO PREVENT THE VIRUS FROM SPREADING, OR ON FREE VACCINATION CAMPAIGNS (AGAINST SWINE AND SEASONAL FLU):

**Free phone number
Emilia Romagna regional
health service**

Freephone number
800 033033

*weekdays from 8.30 a.m. to 5.30 p.m.
Saturdays from 8.30 a.m. to 1.30 p.m.*

Operators will put you in contact with your
local healthcare board
public health department.

**Internet Portal
of the Emilia-Romagna regional
healthcare service**

www.saluter.it

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SWINE FLU

Prevention is in your hands



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Useful information to help protect you
and stop the virus from spreading

WHAT IS SWINE FLU (H1N1 FLU)?

It is an acute viral infection of the respiratory system. It is caused by a new flu virus, H1N1, which has been seen to be able to spread rapidly around the world. It has mild clinical symptoms. Like seasonal flu, it can lead to complications and worsen existing chronic conditions.

HOW IS IT TRANSMITTED?

Like seasonal flu, it is transmitted from person to person in the breath, through drops of saliva carried through the air by the sneezing or coughing of an infected person, through contact with infected material (such as used tissues), touching surfaces contaminated with respiratory secretions with your hands, or through close contact with sick people (kissing, hugging...).

How to protect yourself and others

You can reduce the risk of infection by adopting some simple rules of behaviour.



WASH YOUR HANDS

Carefully and several times a day, always using soap and water, particularly after coughing, sneezing or blowing your nose.



ALWAYS COUGH OR SNEEZE INTO A TISSUE

When you cough or sneeze, always hold a paper tissue in front of your nose and mouth.



THROW YOUR TISSUE AWAY

After use, always throw your tissue in the bin and wash your hands with soap and water.



KEEP A STOCK OF HYGIENE MASKS

For use in the event of sickness or when helping a sick person. Hygiene masks are widely available in the shops.



KEEP SURFACES CLEAN

Door handles, light switches, telephones, keyboards, tables and other surfaces can be contaminated by different types of bacteria and viruses. Keep them regularly clean and disinfected.



SWINE FLU Prevention is in Your hands



What are the symptoms?

Flu symptoms include: sudden fever, usually above 38 degrees, respiratory problems (cough, sore throat, cold) associated to at least one of the following symptoms: shivering, aching muscles, sore joints and, particularly in children, stomach ache, diarrhoea or vomiting.

What to do if you have the symptoms:

STAY AT HOME

In most cases, swine flu has very mild symptoms. You should stay at home, rest, and limit contact with others in order to avoid spreading the disease. When in contact with others, wear a hygiene mask. Even going to the emergency department or doctor's surgery, if not indispensable, can help to spread the disease.

CONSULT YOUR FAMILY DOCTOR OR PAEDIATRICIAN

If the flu symptoms persist for several days, or the fever remains high, or if more serious respiratory symptoms occur, contact your doctor by phone. Small children or people with serious conditions prior to the flu infection should be referred to their doctor or paediatrician as soon as possible. During the influenza peak (the period in which the virus reaches its greatest spread), the Emilia Romagna region has planned to provide additional emergency medical services to allow GPs and paediatricians to better respond to the needs of their patients.

VACCINATION AGAINST SWINE FLU

Vaccination is a fundamental measure to protect yourself and fight the spread of the flu virus. This year, in addition to the usual seasonal flu vaccinations, a special vaccination is available for the H1N1 virus. To find out which groups of people free vaccinations are available to (against both seasonal and swine flu) and how the vaccines are administered, phone the **Regional Healthcare Service free-phone number 800 033 033** (active on weekdays from 8.30 a.m. to 5.30 p.m. and Saturdays from 8.30 a.m. to 1.30 p.m.).