

PREVENT

INFLUENZA A (H1N1)



Travelling Abroad. Precautions To Observe:

Travel to Influenza A(H1N1) affected countries

Travel to the affected countries* should be postponed. If you have to travel, please observe the following measures:

- Keep informed of the areas with outbreaks or high incidence of Influenza A(H1N1).
- Avoid crowded places.
- Avoid direct contact with Influenza A(H1N1) cases. If you need to be in close contact with cases of Influenza A(H1N1), use an appropriate protective mask.
- Observe personal hygiene at all times. Wash your hands frequently with soap and water.
- Cover your nose and mouth with tissues or handkerchief when you cough or sneeze. Dispose tissues properly. Wash your hands thoroughly with soap and water.
- If you fall ill, seek **IMMEDIATE** treatment.

Returning from affected countries

Observe the following measures:

- Avoid close contact with other people for 7 days.
- Seek treatment from the nearest doctor immediately if within this period you develop flu-like symptoms such as
 - Fever
 - Cough
 - Difficulty in breathing
 - Sore throat
 - Headache
 - Body ache
- Inform the doctor that you have visited the Influenza A(H1N1) affected country/area.

*For current update of Influenza A(H1N1) affected countries/areas please refer to www.moh.gov.my or www.who.int/

Crisis Preparedness and Response Centre (CPRC)
Tel: 03 8881 0200 / 0300



MINISTRY OF HEALTH MALAYSIA
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