

INFORMATION SHEET FOR SECONDARY STUDENTS

What is Influenza A (H1N1-2009)?

Different animals harbour different strains of flu virus e.g. bird flu, swine flu and human flu viruses.

A new strain of virus, now known as Influenza A (H1N1-2009) was formed when the flu virus from pigs, birds and humans get into pigs, and combine together.

Influenza A (H1N1-2009) from the infected pig has spread to humans. There is now human-to-human transmission of the virus.

How is Influenza A (H1N1-2009) spread?

Influenza A (H1N1-2009) is spread through an infected person's respiratory secretions. These secretions can be released as droplets when an infected person coughs or sneezes. It is also spread through close contact with an infected person.

What are the symptoms of Influenza A (H1N1-2009)?

When humans are infected, there may not be any symptoms in the initial stages of infection. The symptoms for Influenza A (H1N1-2009) is very similar to a person who is having the common flu.

Early symptom is the sudden onset of high fever. Other symptoms include:

- Cough
- Runny nose
- Sore throat
- Breathlessness (a few days later)

What are my responsibilities?

- Stay healthy
- Be responsible
- Be sensible

Stay Healthy

Practise good personal hygiene

- Cover your nose and mouth with tissue or paper napkins when sneezing or coughing
Dispose the tissue promptly and properly into a bin
- Wash your hands with soap and water regularly and thoroughly
- Do not touch your eyes, nose and mouth without washing your hands
- Avoid close contact with people who appear unwell and who have fever and cough

Practise good personal habits

- Do not share personal items like towels and handkerchiefs with others
- Do not share your plates, cups and cutlery with others
- Do not share drinks or drink from the same cup or water bottle used by your friends.
- Use a serving spoon when sharing food

Build up your resistance to infection through

- Proper diet with sufficient intakes of fresh fruits and vegetables
- Drink plenty of water
- Regular exercise
- Adequate rest

Practise good health habits

- If you are unwell (e.g. fever, cough)
 - Do not come to school
 - See a doctor immediately
- Avoid going to crowded places unnecessarily (e.g. video arcades and shopping malls)

Be Responsible

- Ensure that you are well before coming to school (e.g. check that you do not have a fever)
- If you see any of your classmates with flu-like symptoms, inform your teacher immediately
- If any of your family members or friends is unwell with fever, cough or shortness of breath, advise them to see a doctor immediately and to stay away from others

Be Sensible

- Continue with your daily activities
- Do not take things too lightly; however, do not over-react

Where can I get updates on the swine flu situation in Singapore?

- Press releases in the various newspapers
- Singapore Government Flu
 - Hotline: 1800-333-9999
 - website – www.crisis.gov.sg/flu/
- Ministry of Health website – <http://www.moh.gov.sg/>
- Ministry of Education website
 - <http://www.moe.gov.sg/>
 - For further enquiries, email: contact@moe.edu.sg
- World Health Organisation website – <http://www.who.int/en/>
- Centre for Disease Control and Prevention, USA website – www.cdc.gov/swineflu/