

# The new influenza

## How to avoid infection and infecting others



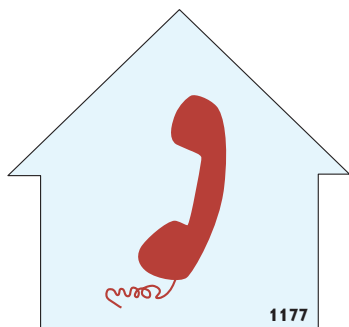
### Wash your hands often

The influenza virus attaches easily to your fingers and areas such as door handles and may be contracted when you shake hands. Wash your hands often with soap and water. An alcohol-based hand cleaner may also be effective.



### Cough and sneeze into the bend of your arm

Contain the virus by coughing and sneezing into the bend of your arm or in a disposable tissue, which you immediately throw in the bin. Avoid covering your mouth with your hand when sneezing or coughing.



### If you are ill, stay home

By staying home when you are ill you will not pass on the influenza virus at work, at school or on the bus. Contact the medical services over the phone first instead of going directly to a hospital or a clinic where influenza is easily spread.

**The new influenza A(H1N1)** is a new influenza virus which is being spread all over the world. For most people it is a harmless, but sometimes unpleasant, illness with symptoms that pass in a few days. Fever, dry cough,

sore throat, body aches, headache, chills, runny nose and extreme fatigue are common symptoms of influenza. It is important to prevent the spread of infection in order to protect those who may become seriously ill by influenza.

More information about the new influenza A(H1N1) can be found at [www.1177.se](http://www.1177.se) and [www.krisinformation.se](http://www.krisinformation.se).