

# Help us keep swine flu out of South Africa

## ALERT

Cases of human transmission of swine flu have been confirmed in many parts of the world with the epicenter being Mexico. The rapid spread of the disease across the world is a major cause for concern and the South African government has implemented a detailed plan, in line with recommendations of the World Health Organisation to protect the people of our country.

At present we have ONE suspected case of swine flu which has been successfully treated. This person had recently traveled in Mexico where she contracted the disease. We must work together to ensure that there is no transmission of swine flu in South Africa.

### WHAT ARE THE SYMPTOMS OF SWINE INFLUENZA (FLU)?

The symptoms of swine flu include: aches and pains, fever, fatigue, runny nose, sore throat, vomiting and diarrhoea.

### HOW DOES A PERSON GET INFECTED WITH SWINE FLU?

It spreads in the same way as seasonal flu – through coughing and sneezing. It is an airborne disease. You cannot catch it through eating pork.

Prevent transmission of swine flu by:

- Coughing and sneezing into a tissue or hanky
- Washing hands thoroughly
- Avoid crowded areas especially if you have symptoms of the flu

### ARE THERE ANY MEDICINES TO TREAT SWINE INFLUENZA?

Swine flu is treatable with antivirals. These are available in South Africa but may only be used under the direction of a medical doctor. Should you have symptoms of the flu and have traveled recently to areas that have swine flu please consult your nearest health facility.

**THERE IS NO NEED FOR PANIC BUT EACH OF US CAN TAKE SIMPLE PRECAUTIONS TO ENSURE THAT SOUTH AFRICA IS FREE FROM SWINE FLU**

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