

Somali Community Access Network



24 Hour Hotline: 614-556-0059

FACTSHEET ON THE H1N1 INFLUENZA

HELP PREVENT THE SPREAD OF SWINE INFLUENZA IN YOUR COMMUNITY

Columbus Public Health has heightened disease surveillance while the World Health Organization (WHO) in Geneva raised its alert level for the fast-spreading swine flu to its next-to-highest notch, signaling a global pandemic could be imminent. There is speculation in the Somali community that H1N1 Flu can only affect people who consume pork. That is not true. Anyone can catch the virus and all of us should take preventive steps.

What can people do? Everyday Actions to Stay Healthy:

- Stay informed.
- Cover your cough by using the sleeve of your garment. You may also cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people:

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, we recommend that you stay home from work or school and limit contact with others to keep from infecting them.

Symptoms:

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza, and include:

- High fever; lethargy; lack of appetite; coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

If you need help, call Somalican's 24 hour hotline at **614-556-0059** or refer to the website for Centers for Disease Control and Prevention:

<http://www.cdc.gov/swineflu/>

http://www.cdc.gov/swineflu/key_facts.htm

<http://www.somalican.org>

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