

Contact your doctor or paediatrician for advice on this disease and on what medication you should take.

www.regione.toscana.it/influenza



The new A/
H1N1 flu virus

AH1N1 Virus

What precautions to take
How to avoid spreading it



It is a form of influenza. Consult your doctor.



What is it?

The new A H1N1 flu virus produces similar symptoms to the classic seasonal flu, but is highly contagious. Like seasonal flu, it can lead to complications, respiratory problems in particular.

How it is transmitted

It is transmitted from person to person, through drops of saliva released into the air by people coughing or sneezing, but is also passed on indirectly, i.e. through contact with hands contaminated with respiratory secretions.

How to protect yourself



Wash your hands thoroughly, several times a day, with soap and water or alcohol-based detergents, especially after coughing, sneezing or blowing your nose.



Cover your mouth and nose with a paper handkerchief every time you cough or sneeze and then dispose of it in the dustbin.



Keep a small supply of disposable masks handy to wear in case of illness or when dealing with an infected person.



Keep surfaces clean (light switches, telephones, keyboards, handles, taps, front door or lift switches, tables and desks) so that they do not become contaminated with the virus through contact with infected persons.

Keep the places in which you live and work well ventilated.



Symptoms

Sudden temperature over 38°C, respiratory symptoms such as a dry cough, sore throat and cold, shivering or headaches, muscular or joint pain, sometimes accompanied by dizziness, stomach ache, diarrhoea or vomiting.

What to do and what not to do

Stay at home and telephone your doctor or family paediatrician, and once you are better, wait at least 24 hours before resuming normal activities.

Do not go to the Casualty Department.

Do not take self-prescribed medication.

Tuscany is already well-prepared

The regional and hospital health services have been boosted and equipped ready to cope with a potential epidemic.