



BUREAU OF PUBLIC HEALTH

PUBLIC HEALTH ALERT

MAY 1, 2009

A/H1N1 INFLUENZA HEALTH ALERT

The Bureau of Public Health is alerting the public that there is currently an outbreak of a new A/H1N1 influenza (flu) virus formerly called the "Swine Influenza" (A/H1N1) in several countries around the world including Mexico, Canada and the United States. At this time there are no cases in Palau however, it could easily be spread to Palau if preventive measure are not taken.

The Swine flu is spread by person to person with symptoms similar with those of the Avian (Bird) Flu and they include fever, coughing, runny nose, and other flu like symptoms.

Everyone is urged to take preventive measures by exercising hygienic habits such as regular washing of hands with soap and water, and covering of nose and mouth when coughing or sneezing. The public is also encouraged to avoid contact with sick people with the mentioned symptoms.

Because the A/H1N1 Flu is spread from person to person and not spread by pork meat, it is still safe to consume pork products as long as it is handled properly and cooked thoroughly.

The Bureau of Public Health is also conducting health screenings at the airport and seaport for every arriving passenger as a preventive measure.

For urgent medical-related questions, call the Hospital Emergency Room at 488-2558 or for general information about the A/H1N1 Influenza contact the Community Advocacy Program at 488-2002 or the Hospital EOC at 488-0675 or 488-2552, ext. 110 during working hours.

HOW TO PROTECT YOURSELF:

- 1. WASH YOUR HANDS WITH SOAP AND WATER**
- 2. COVER YOUR MOUTH AND NOSE WHEN COUGHING & SNEEZING**
- 3. AVOID CLOSE CONTACT WITH SICK PEOPLE**
- 4. SEEK MEDICAL ATTENTION IF YOU FEEL SICK**