

PANDEMIC INFLUENZA

WHAT YOU NEED TO KNOW

FREQUENTLY ASKED QUESTIONS (FAQ)

4

64

150 juta

67

17

11

Krisis makanan ber
ika virus H5N1 jadi

1. What is pandemic influenza?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population, and begins to cause serious illness and then spreads easily person-to-person worldwide.

2. What are the symptoms of influenza?

- High fever (temperature more than 38°C)
- Sore throat
- Headache
- Fatigue
- Muscle / joint ache
- Severe cough without phlegm in the beginning

Patients may also suffer from:

- Conjunctivitis
- Diarrhoea
- Shortness of breath

3. How do people get infected?

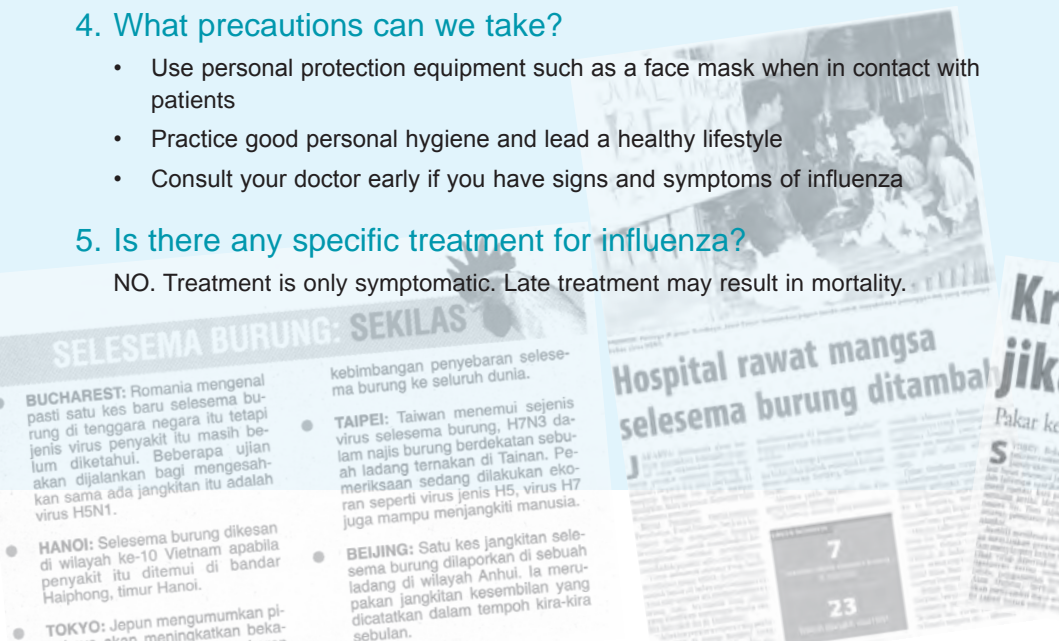
Infection is by droplets from an infected person. It occurs through close contact (less than 3 feet or 1 meter) with the infected person or contact with contaminated surfaces/objects.

4. What precautions can we take?

- Use personal protection equipment such as a face mask when in contact with patients
- Practice good personal hygiene and lead a healthy lifestyle
- Consult your doctor early if you have signs and symptoms of influenza

5. Is there any specific treatment for influenza?

NO. Treatment is only symptomatic. Late treatment may result in mortality.



6. Is the available vaccine effective against pandemic influenza?

NO! Vaccines that are currently available in the market do not give specific protection against pandemic influenza.

7. Is it safe to visit other countries during an influenza pandemic?

AVOID DOING SO! If necessary, consult the Ministry of Health before travelling.

8. What are the differences between INFLUENZA, AVIAN INFLUENZA and PANDEMIC INFLUENZA?

Influenza is the respiratory disease caused by infection with the Influenza A, B or C virus. Mode of spread is by droplets through coughing and sneezing from an infected person. The disease occurs worldwide, more common and more severe in cold and temperate countries, where it is known as a seasonal flu.

Avian Influenza also known as bird flu is a viral infection among birds and poultry. In certain conditions, these Highly Pathogenic Avian Influenza virus may infect humans causing severe symptoms and death.

The avian influenza virus may undergo rapid genetic changes. Such changes may result in a new influenza virus subtype that can infect humans and spread easily from person to person, resulting in Pandemic Influenza.

9. Where can you get treatment?

If you have the signs and symptoms as below, IMMEDIATELY go to the special counters at the designated hospitals:

- High fever (temperature more than 38°C)
- Sore throat
- Headache
- Fatigue
- Muscle / joint ache
- Severe cough without phlegm in the beginning

Wabah isis makanan berlaku
a virus H5N1 jadi wabak

Sihatan beri amaran senario buruk apabila virus melanda seluruh dunia

DATE	NUMBER
6/11	67
12/11	17
18/11	11

Jump in human cases of bird flu

JAKARTA Indonesia had recorded a dramatic increase in the number of human cases of bird flu in the past few weeks. The health authorities in Jakarta have reported that the number of human cases has risen sharply in the past few weeks. The health authorities in Jakarta have reported that the number of human cases has risen sharply in the past few weeks. The health authorities in Jakarta have reported that the number of human cases has risen sharply in the past few weeks.

Bimbang undan pembawa selesema burung

HULU LANGAT Zoo Negara bimbang burung undan yang bebas terbang keluar masuk taman haiwan itu menjadi pembawa penyakit selesema burung atau avian influenza (AI) dan menyebarkan virus penyakit itu kepada haiwan lain. Kebimbangan ini disuarakan Pengerusi Persatuan Zoologi Malaysia, Datuk Ismail Hutson, berikutan kejadian mati disyaki akibat penyakit selesema burung di Perak dan Kedah baru-baru ini. Menurutnya, perkara itu membimbangkan penguurusan Zoo Negara, kerana taman haiwan itu menjadi tempunan habitat burung itu, selain burung Batak Upeh. Lebih menambatkan kebimbangan, keputusan siasat

10. What should you do if you are infected?

- i. Cover your mouth and nose with a mask or handkerchief
- ii. Inform the authorities for immediate actions OR go direct to the special counters at the designated hospitals. DO NOT use public transportation!
- iii. Minimize contact with other people

11. Can this disease cause death?

Risk of death is high due to complications that may arise among the children, elderly and those with other chronic diseases such as lung and heart diseases.



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