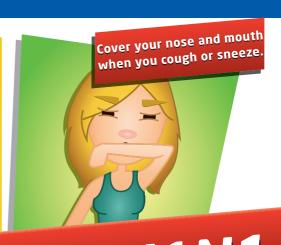
# **INGLÊS**





# INFLUENZA A H1N1 PREVENTION IS IN YOUR HANDS



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Avoid touching eyes, nose and mouth

Avoid close contact with people who show signs or symptoms of influenza

Do not share personal items





# WHAT IS INFLUENZA?

Influenza, also known as "flu" occurs throughout the year but is more frequent in autumn and winter, when temperatures drop.

Influenza can appear in two forms:

Influenza-like illness syndrome, which is more common, or as Severe Acute Respiratory Syndrome - SARS (Severe signs and symptoms that may lead to hospitalization).

#### **Symptoms**



Sudden onset of fever



Cough



Sore throat



Headache



Muscle pain or Joint pain

If you present these symptoms, seek medical attention in a health center

#### **FLU SYNDROME**

In addition to the symptoms above, children under 2 years of age may also present symptoms such as cough, runny nose and nasal obstruction.

Flu symptoms usually improve within a week.

The fever (temperature  $\ge 37.8 \,^{\circ}$  C) should diminish within 2 to 3 days from the onset of illness.

Cough, fatigue and malaise may persist for a few weeks.

### SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

SARS patients present the same symptoms above, plus shortness of breath and signs of respiratory distress.

The syndrome can also be characterized by a decrease in blood oxygen and blood pressure.

## Who should be vaccinated?

- Seniors aged 60 or more;
- Children under five years;
- Pregnant women;
- Women in the period up to 45 days after delivery;
- Indigenous people;

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- Patients with chronic diseases (diabetes, heart, lung or renal disease, immune deficiency, etc.);
- People who are morbidly obese or having diseases caused by hemoglobin disorders, such as sickle cell disease.





