

SWINE FLU (H1N1) ALERT

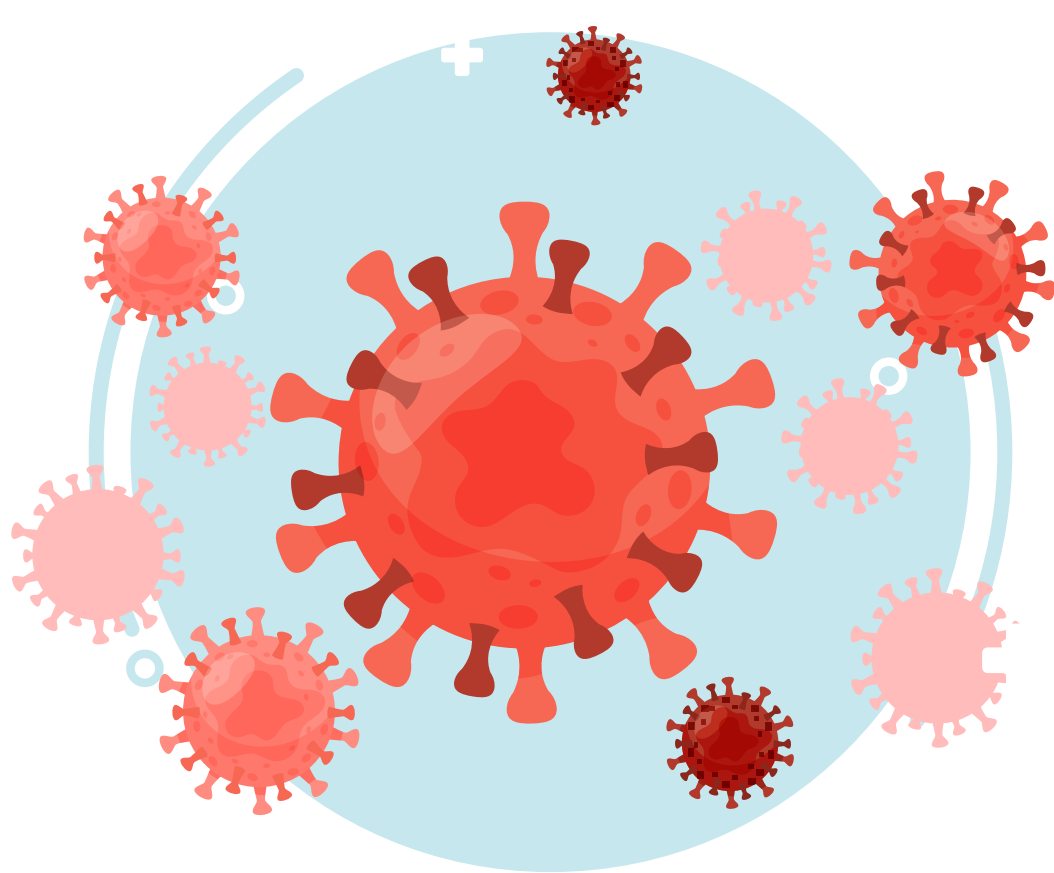
Protect yourself and your loved ones



Dear Member,

We're sharing this update due to a noticeable increase in Swine Flu (H1N1) cases in our community over the past few weeks.

This communication aims to help you understand what Swine Flu is, how to spot the symptoms, and how to take steps to protect yourself and your family.



What is Swine Flu (H1N1)?

Swine Flu is a contagious respiratory illness caused by the H1N1 strain of the influenza A virus. It originally spread among pigs but has since adapted to infect humans.

It caused a global outbreak in 2009 and now circulates seasonally, like other common flu viruses.

Common Symptoms

Swine Flu symptoms are similar to those of regular flu and may range from mild to severe:

- High fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches and fatigue
- Headache
- Chills
- Vomiting or diarrhoea (*more common in children*)



How Long Are You Contagious?

- You may be contagious one day before symptoms appear and up to 7–10 days after becoming ill.
- Young children, older adults, and those with weakened immune systems may remain contagious for longer.

Who Is Most at Risk?

Certain individuals are more likely to experience severe illness or complications:

- Children under 5
- Adults over 65
- Pregnant women
- People with chronic conditions like asthma, diabetes, heart disease, or obesity
- Individuals with weakened immune systems (*e.g., cancer patients, transplant recipients, HIV-positive individuals*)



How to Protect Yourself

- **Get your annual flu vaccine** – it usually includes protection against H1N1.
- **Practice good hygiene** – wash your hands regularly and avoid close contact with sick individuals.
- **Wear a mask** at work or in public if you or someone in your household is sick or recovering from a contagious illness.

Your health is our priority.

Let's stay informed and take proactive steps to stay safe this season.

Alliance-Midmed
Your Health matters!