

Protect yourself and others from Influenza A (H1N1)



Wash your hands frequently

Influenza virus sits easily on your hands and spreads through handshakes and surfaces like door handles. Therefore you should wash your hands frequently with soap and water.



Cough or sneeze in your sleeve

Influenza spreads through virus in small drops from coughs and sneezes. Therefore you should cover your mouth and nose with a paper tissue or your sleeve when coughing or sneezing. Avoid using your hand to cover your mouth and nose.



Stay at home if you are ill

Influenza spreads easily in schools, workplaces and institutions. Contact a doctor by phone rather than going to the doctor's practice.

Higher risk groups

Pay special attention to influenza if you have a lung disease, asthma, a heart disease, diabetes or a reduced immune defences. Should you or somebody in your household develop symptoms of influenza, you should contact a doctor by phone.

Pregnant women and parents with children less than 2 years that develop symptoms of influenza should also contact a doctor.

Influenza A (H1N1) is a new virus which has spread rapidly around the world. In most cases the influenza only gives mild symptoms that will disappear in a few days. It is, however, still important to limit the risk of spreading the virus.

Further information about Influenza A (H1N1) is available at www.sst.dk

