

A (H1N1) INFLUENZA WHAT YOU SHOULD KNOW

Should I go to work or school if I have been in contact with someone who I know has swine flu?

Yes, as long as you do not have flu-like symptoms. If you are feeling well, you should go about your normal activities, including going to school or work. It can take up to seven days (normally two to five days) after infection for swine flu symptoms to develop. If you develop symptoms, stay at home and follow the general advice.

What is the incubation period for A(H1N1)?

The incubation period between infection and appearance of symptoms is not known with total certainty at this stage, but it is assumed to be between two and five days.

When are people most infectious?

People are most infectious from one day before they develop symptoms to up to seven days after they get sick, although they continue to shed the virus (for example, in coughs and sneezes) for up to five days (seven days in children). People become less infectious as their symptoms subside, and once their symptoms are gone they are no longer considered infectious to others. Children, especially younger children, might potentially be contagious for longer periods. It is therefore important for people to stay at home for at least seven days when they have symptoms to reduce spread to other people.

Who may I contact for further information?

Answers to most questions are available on the following websites:

- NICD Website: www.nicd.ac.za
- World Health Organisation Website: www.who.int/csr/disease/swineflu/en/
- Centers for Disease Control and Prevention (CDC, Atlanta): www.cdc.gov/h1n1flu/

Telephonic enquiries can be made to:

- Daytime NICD Influenza Hotline (8am to 5pm Monday to Friday) - 082 477 8026
- After-hours, weekends and public holidays – NICD Hotline - 082 883 9920

Electronic enquiries

- H1N1@health.gov.za

Adapted from:

- WHO:
http://www.who.int/csr/disease/swineflu/frequently_asked_questions/en/index.html. Accessed 6 August 2009
- Centers for Disease Control and Prevention:
http://www.cdc.gov/h1n1flu/swineflu_you.htm. Accessed 6 August 2009
- National Institute for Communicable Diseases (NICD)
<http://www.nicd.ac.za/>



health

Department:
Health
REPUBLIC OF SOUTH AFRICA