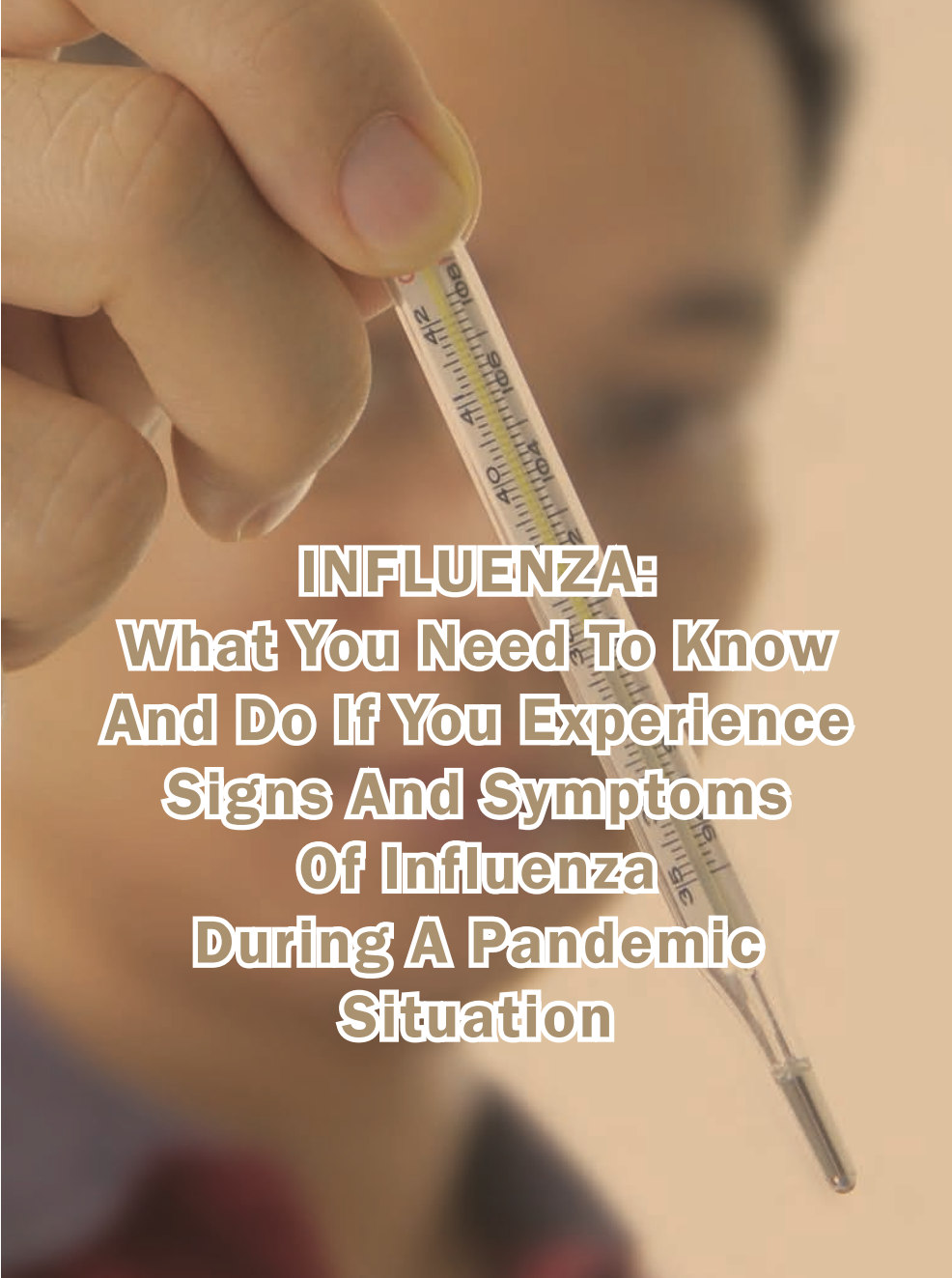
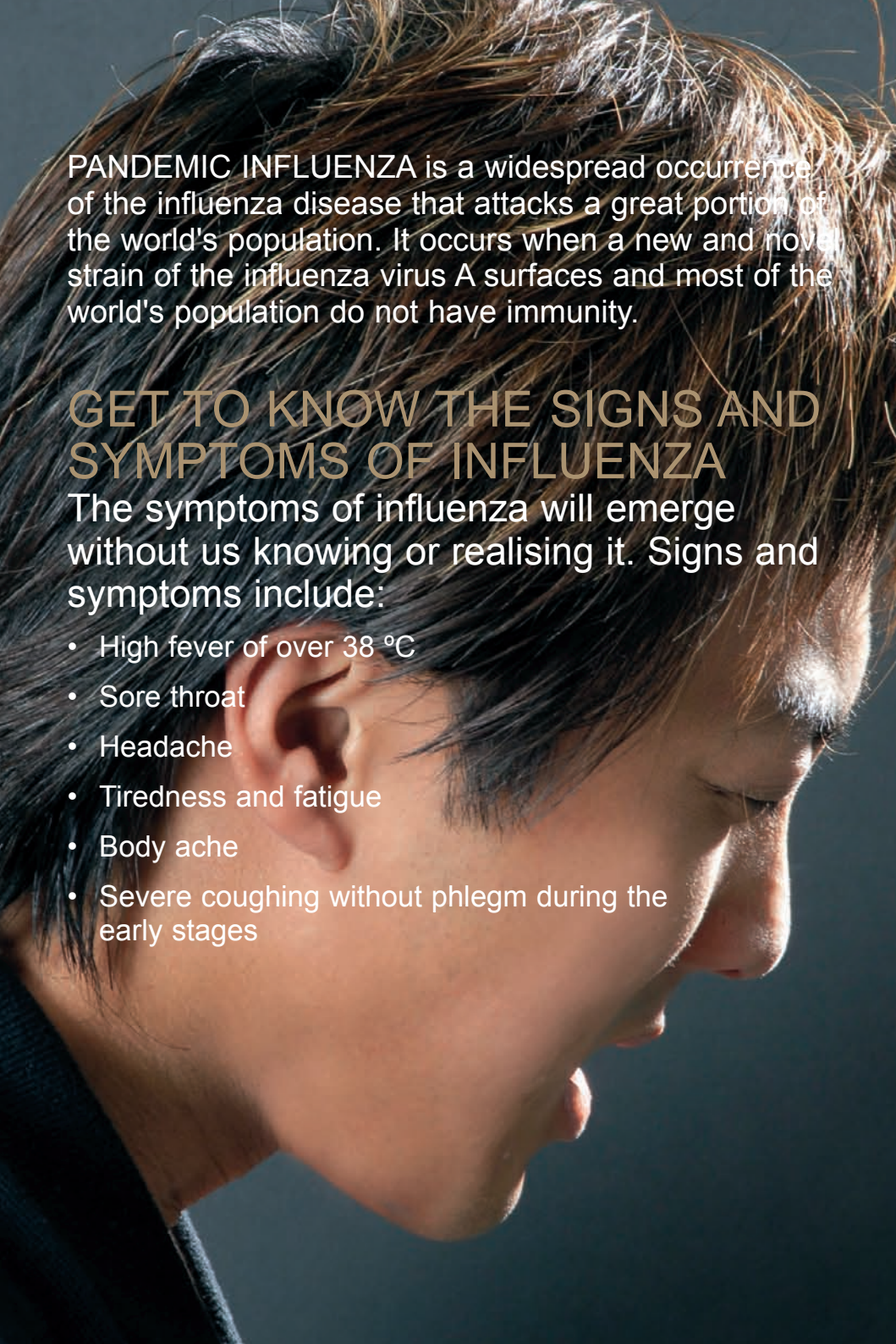


PANDEMIC INFLUENZA

WHAT YOU NEED TO KNOW

A close-up photograph of a hand holding a glass thermometer. The thermometer is held vertically, and the hand is positioned at the top. The background is a soft, out-of-focus image of a person's face, suggesting a medical or clinical setting. The overall color palette is warm and neutral, with shades of beige and brown.

INFLUENZA:
What You Need To Know
And Do If You Experience
Signs And Symptoms
Of Influenza
During A Pandemic
Situation



PANDEMIC INFLUENZA is a widespread occurrence of the influenza disease that attacks a great portion of the world's population. It occurs when a new and novel strain of the influenza virus A surfaces and most of the world's population do not have immunity.

GET TO KNOW THE SIGNS AND SYMPTOMS OF INFLUENZA

The symptoms of influenza will emerge without us knowing or realising it. Signs and symptoms include:

- High fever of over 38 °C
- Sore throat
- Headache
- Tiredness and fatigue
- Body ache
- Severe coughing without phlegm during the early stages



GET TO KNOW THE NORMAL BODY TEMPERATURE

Normal body temperature differs according to the places at which the readings were taken:

Mouth	35.5°C to 37.5°C (95.9°F to 99.5°F)
Ear	35.8°C to 38°C (96.4°F to 100.4°F)
Armpits	34.7°C to 37.3°C (94.5°F to 99.1°F)
Rectum (anus)	36.6°C to 38°C (97.9°F to 100.4°F)

ACTIONS TO BE TAKEN IF YOU ARE EXPERIENCING THE SIGNS AND SYMPTOMS OF INFLUENZA

If you are experiencing any signs and symptoms of the influenza disease, you are advised to:

- Take fever medication such as paracetamol
- Drink a lot of water
- Get a lot of rest
- Avoid alcohol and smoking
- Stop visiting public places or gatherings to avoid spreading the disease to those around you
- Cover your nose and mouth with a mask, tissue paper or handkerchief when you cough or sneeze
- Inform the relevant authorities about your health condition

PAY ATTENTION TO THE WARNING SIGNS THAT COULD THREATEN THE LIVES OF CHILDREN

- Difficulty in breathing
- Lips turning blue
- Constantly exhausted or unable to move
- Lethargic, stupor or difficulties in getting out of bed
- Stiff neck
- Looks confused
- Having fits or convulsion
- Have not been urinating for the past 12 hours

PAY ATTENTION TO THE WARNING SIGNS THAT COULD THREATEN THE LIVES OF ADULTS

- Prolonged fever for more than 5 days
- Difficulty in breathing, even while resting
- Lips turning blue
- Chest pains while breathing in (inhaling)
- Coughing without phlegm
- Feels that you are recovering, but suddenly having fever and compressed breathing all over again
- Looks confused and lacking orderliness
- Becoming unconscious

IF YOU EXPERIENCE ANY OF THE WARNING SIGNS ABOVE, PLEASE PROCEED IMMEDIATELY TO THE SPECIAL COUNTERS AT THE DESIGNATED HOSPITALS



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