

- ☑ Observe good personal and environmental hygiene. Cover your mouth and nose with tissue or your hands when sneezing or coughing. Wash hands thoroughly with soap and water frequently and when they are contaminated by respiratory secretions e.g. after sneezing.
- ☑ Maintain good body resistance through a balanced diet, regular exercise, having adequate rest, reducing stress and not smoking.

12. What should I do if I suspect I have Influenza A (H1N1) after returning to Brunei Darussalam?

You should consult your doctor as soon as possible and inform your doctor if you have symptoms of Influenza A (H1N1) and had recently travelled to areas which have cases of Influenza A (H1N1) (currently California, Texas, Kansas in the United States; and Mexico).

13. What should I do if I fall ill overseas?

You should consult a local doctor as soon as possible and refrain from traveling until you are certified fit by the doctor.

14. Does influenza vaccination help in preventing Influenza A (H1N1)?

There is no vaccine available to protect humans from Influenza A (H1N1). The seasonal influenza vaccine which is available in Brunei Darussalam is unlikely to protect against Influenza A (H1N1) viruses.

**For monitoring purposes,
please contact
Disease Control Division
at
2382 023**

**For any enquiries,
please contact
Healthline 2384 234
or
Visit our website:
www.moh.gov.bn**



**Ministry of Health
Brunei Darussalam
2009**

INFLUENZA A (H1N1)

What You Need To Know

1. What is Influenza A (H1N1)?

Influenza A (H1N1) is a respiratory disease affecting pigs. Influenza A (H1N1) viruses may circulate among swine or pigs throughout the year, but most outbreaks occur during the late autumn and winter months similar to influenza outbreaks in humans. It causes high levels of illness but low death rates in pigs.

2. Does Influenza A (H1N1) affect humans?

Influenza A (H1N1) viruses that cause disease in pigs very rarely affect humans. However, sporadic human infections with Influenza A (H1N1) have occurred. Most commonly, these cases occur in persons with direct exposure to pigs but there have also been documented cases of human-to-human spread of Influenza A (H1N1).

3. How does Influenza A (H1N1) spread to humans?

Influenza A (H1N1) spreads to humans mainly through contact with infected pigs, which shed the virus in their saliva, nasal secretions and faeces. Limited human-to-human transmission can also occur in the same way as seasonal flu occurs in people.

4. Can people catch Influenza A (H1N1) from eating pork?

There is currently no evidence to suggest that Influenza A (H1N1) can be transmitted to humans from eating pork or pork products that have been thoroughly cooked.

5. What are the symptoms of Influenza A (H1N1) in humans?

The symptoms of Influenza A (H1N1) in people are expected to be similar to the symptoms of regular human seasonal influenza. An early symptom is high

fever, and this is followed by cough, sore throat, runny nose and sometimes breathlessness a few days later.

6. How can human infections with Influenza A (H1N1) be diagnosed?

To diagnose Influenza A (H1N1), a respiratory specimen (usually from the nasal passages) would need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding the virus). However, some persons, especially children may shed the virus for 10 days or longer.

7. What medications are available to treat Influenza A (H1N1) infection in humans?

The most recent Influenza A (H1N1) viruses isolated from humans are found to be resistant to two influenza drugs (amantadine and rimantadine), however it is still susceptible to two other drugs available in Brunei Darussalam, oseltamivir (Tamiflu) or zanamivir (Relenza).

8. Are there any cases of Influenza A (H1N1) in Brunei Darussalam?

So far there have been no human cases of Influenza A (H1N1) detected in Brunei Darussalam.

9. Brunei Darussalam doesn't have any pig farms. Does that mean we will not be affected?

The recent outbreaks in Mexico and the United States have indicated that there has been transmission between humans and most cases have NOT had any contact with pigs. Therefore, it is not impossible for the virus to be imported into Brunei Darussalam by travelers. The Ministry of Health is monitoring the situation closely and will update the public should the situation change.

10. What is the Ministry of Health doing to ensure that the disease is not transmitted here?

The Ministry of Health maintains a comprehensive and well established disease surveillance system for the early detection of human cases of novel influenzas such as Influenza A (H1N1). In addition, all hospitals and health centres in Brunei Darussalam are on the vigilance for any suspected cases. When the situation is required, the Ministry will step up public health measures e.g. quarantine of contacts, issue public health advisories. Thermal scanning for all travelers with fever is continuing at the Brunei International Airport and the filling in of Health Declaration Forms by all travelers arriving at Brunei International Airport will recommence as of 27th April 2009.

11. Is it safe to visit countries with cases of Influenza A (H1N1) and will I be quarantined when I return? What travel precautions should I take?

There are currently no travel restrictions or quarantine advised by the World Health Organization for Influenza A (H1N1). However, the Ministry of Health advises that any unnecessary travel to the affected areas be avoided for the time being. If you do intend to travel to areas which have cases of Influenza A (H1N1) (currently – California, Texas and Kansas in the United States; and Mexico), you should take note of the following measures to minimize your risk of acquiring Influenza A (H1N1):

- Avoid contact with persons with symptoms of influenza (this includes fever, sore throat, cough, runny nose)
- Avoid crowded areas and maintain good ventilation