

Dear Reader!

This year's spring has brought us with a new flu – at first it was called the *swine flu*, then simply the *new flu*. For quite some time the media have been informing us on the spread of the new flu. Information has caused agitation and worries among the public. Since the virus is new and unknown, all possible consequences of the disease cannot be reliably predicted. In Slovenia, the disease has occurred in its mild form, however, experts fear that the consequences will be more severe in cold autumn and winter time.

During autumn and winter, a larger number of people can become sick, some of them may even suffer from more severe forms of the disease; public life can come to a standstill, there is also a possibility that economy will be partially paralysed. This is why we have to organize our lives in such a way as to reduce the effects of the disease to the minimum.

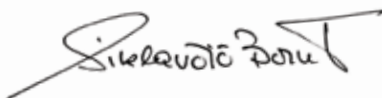
We all have to follow some simple and effective rules, written in this leaflet. Many of you may think that you already know all preventive measures - to wash your hands and not sneeze or cough in public. These instructions are still very significant; and we have to consider them even more. Please, read the leaflet carefully and follow the recommendations in order to reduce the possibility of becoming sick.

We have to be aware of the fact that our medical experts and their associates are already well prepared for the new flu. The Government has ensured all the necessary medication, preventive vaccine has been ordered and we will get it immediately after its production.

As a noted world politician once said »together we can do (almost) everything“. Follow the recommendations and trust our health care service providers in order to fight and break through this flu, like it did not even exist.

Best of health to you!  
Minister of Health

Borut Miklavčič



**Knowledge  
is our strongest  
defence.**



### The symptoms are similar to those of seasonal flu:

- Fever
- Chills
- Dry cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue
- Vomiting
- Diarrhoea

Most people recover within a week even without special medical treatment.

More information  
on pandemic flu on  
**WWW.USTAVIMO-GRIPO.SI**  
Or free phone number  
**080 42 00**

# Let's Stop the Flu!

**How can we effectively  
stop the spread of the new  
influenza A (H1N1)v virus?**



## LET'S STOP THE FLU!

**Knowledge is our  
strongest defence.**



We should wash our hands very frequently.

**Frequent hand washing is the most effective protection.** We have to wash our hands after coughing, sneezing, wiping the nose and touching surfaces that are frequently in contact with other people. We should wash our hands for at least 20 seconds with warm water, wipe them with a paper towel and close the tap with the towel.



When coughing and sneezing we should always use a paper handkerchief and throw it in the nearest bin.

**When we cough or sneeze, we have to cover our mouth and nose with a paper handkerchief** and throw it into the nearest bin. In this way we can ensure that the infected droplets will not spread. If we do not have a handkerchief, we can sneeze or cough in the upper part of our sleeve.



If we notice that we have the pandemic flu symptoms, we have to stay at home and call our doctor.

**The doctor will instruct us on further measures.** We have to stay at home and rest. This will be the best choice for us as well as for others.

## How can we protect ourselves from the pandemic flu?



We should not touch our eyes, nose and mouth with our hands.

**We have to be careful and not touch our eyes, nose and mouth with our hands.** The infection frequently spreads by touching various surfaces thus carrying the virus into the body.



We should avoid close contact with people who show signs of disease.

**We can prevent the spread of the pandemic flu by avoiding close contact with infected people.** We should not approach a person, showing the signs of the disease, by less than one meter if we are not using protective means.

### What is a pandemic flu?

The pandemic flu caused by the influenza A (H1N1)v virus is an acute respiratory infection, which spreads among people. This new flu virus, that people have no immunity to it, has spread around the world very quickly, thus causing a pandemic. The main difference between the usual seasonal flu and the pandemic flu is that the latter spreads very fast and that a large number of people are infected at the same time.

### How is the pandemic flu virus transmitted?

The pandemic flu virus is transmitted in the same way as the seasonal flu virus:

- By infected droplets that emerge at coughing, sneezing and talking;
- By direct contact with an infected person (e. g. kissing, hugging);
- By touching contaminated surfaces and objects (tableware, glasses, door handles, phone receivers etc.).

### Vaccination is another way of protection against the flu.

Vaccination is one of the most effective measures to protect ourselves against the flu. In autumn, it is recommended to get vaccinated against the seasonal flu and against the new flu. We shall keep you informed on the process and method of vaccination.