

# H1N1 AWARENESS and PREVENTION GUIDE

## What is H1N1?

H1N1 (referred to as “swine flu”) is a new influenza virus causing illness in people. While H1N1 has been declared a worldwide pandemic as of September 2009, it is still an epidemic in Kuwait.

The virus is spread from person-to-person. It is transmitted as easily as the normal seasonal flu by exposure to coughing or sneezing particles that can be inhaled, or that can contaminate hands or surfaces.

## Signs and Symptoms

The symptoms of H1N1 flu virus in people are similar to the symptoms of seasonal flu and include the following:

- fever
- cough
- sore throat
- runny/stuffy nose
- body aches
- headache
- chills and fatigue
- diarrhea and vomiting

People in different age groups are at risk of serious complications from the H1N1 virus, including pregnant women and people with chronic medical conditions (*such as asthma, diabetes, or heart disease*). A severe form of H1N1 that goes straight to the lungs can cause serious illness to healthy young adults, which may require hospital treatment.

## Preventative Ways To Stay Healthy

- Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Hand cleaners (*sanitizers*) are also very effective.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands. Discard used tissues immediately after use.
- Stay home or at your place of residence if you are sick for at least 48 hours if you have a fever or signs of a fever (*cold chills, feeling very warm, have a flushed appearance, or are sweating*).
- Frequently clean your commonly-used living and work surfaces/areas, such as doorknobs, refrigerator handles, remote controls, computer keyboards, counter tops, faucet handles, and bathroom areas.
- Plan to monitor your health by checking for fever and other symptoms of flu (*see reverse side for symptoms chart*).
- Please contact or visit your healthcare provider or seek immediate medical care if symptoms arise.

## Vaccination

At this time, no H1N1 Flu vaccine is available in Kuwait. Please consult with your doctor for other preventive steps.

## Hospitals and Clinics

| PUBLIC HOSPITALS            | TELEPHONE NUMBER    |
|-----------------------------|---------------------|
| Amiri Hospital              | 22422366            |
| Farwaniya Hospital          | 24883000            |
| Mubarak Al-Kabir Hospital   | 25311437            |
| Sabah Hospital              | 24815000            |
| Adan Hospital               | 23940600            |
| Jahra                       | 24575300            |
| PUBLIC CLINICS              | TELEPHONE NUMBER    |
| Adeliya                     | 22519464            |
| Ahmadi                      | 23982494            |
| Bayan                       | 25387665            |
| Faiha                       | 22545353            |
| Farwaniya                   | 24725148            |
| Hawalli                     | 22612508            |
| Jabriya                     | 25316253            |
| Keifan                      | 24849807            |
| Khaldiya                    | 24848075            |
| Mangaf                      | 23716323            |
| Mishref                     | 25381200            |
| Qurain                      | 25429073            |
| Salmiya                     | 25746395            |
| Salwa                       | 25610660            |
| Shamiya                     | 24848913            |
| Shuwaikh                    | 24810055 / 24838658 |
| Surra                       | 25327582            |
| Yarmouk                     | 25336482            |
| PRIVATE HOSPITALS & CLINICS | TELEPHONE NUMBER    |
| International Clinic        | 25745111            |
| Al-Salam Clinic             | 22533177            |
| Hadi                        | 25312555            |
| Mowasat                     | 25711533            |

## Links & Resources

- Ministry of Health - Kuwait [www.moh.gov.kw](http://www.moh.gov.kw)
- World Health Organization (WHO) [www.who.int/en/](http://www.who.int/en/)
- Center for Disease Control (USA) [www.cdc.gov](http://www.cdc.gov)

# Symptoms Comparison Chart

## Common Cold & H1N1

| SYMPTOM          | COMMON COLD   | H1N1  |
|------------------|---|---|
| FEVER            | Fever is rare with a cold.  | Fever is usually present with the flu up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with H1N1. |
| COUGHING         | A hacking, productive (mucus-producing) cough is often present with a cold.                     | A non-productive (non-mucus producing) cough is usually present (sometimes referred to as dry cough).                                       |
| ACHES            | Slight body aches and pains can be part of a cold.  | Severe aches and pains are common with H1N1.  |
| STUFFY NOSE      | Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week. | Stuffy nose is <b>not</b> commonly present with H1N1.   |
| CHILLS           | Chills are uncommon.  | 60% of people who have H1N1 experience chills.  |
| TIREDNESS        | Tiredness is fairly mild.   | Tiredness is moderate to severe   |
| SNEEZING         | Sneezing is commonly present.   | Sneezing is <b>not</b> common with H1N1.  |
| SUDDEN SYMPTOMS  | Cold symptoms tend to develop over 2-3 few days.  | H1N1 has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.                   |
| HEADACHE         | A headache is fairly uncommon with a cold.  | A headache is very common, present in 80% of H1N1 cases.  |
| SORE THROAT      | Sore throat is commonly present.  | Sore throat is <b>not</b> commonly present.   |
| CHEST DISCOMFORT | Chest discomfort is mild to moderate.   | Chest discomfort is often severe.   |

Information derived from:

[www.webmd.com](http://www.webmd.com)

[www.cdc.gov](http://www.cdc.gov)