INFORMATION LEAFLET FOR CONFERENCE PARTICIPANTS
ON THE INFLUENZA A (H1N1) VIRUS
4 May 2009

WHAT IS THE INFLUENZA A (H1N1) VIRUS?
This is a new type of influenza or “flu” virus that is currently causing outbreaks of disease in people globally. It spreads mainly from person to person through coughing or sneezing of people with influenza. Occasionally people may become infected by touching surfaces contaminated with the virus, and then touching their own mouth or nose.

WHAT ARE THE SYMPTOMS OF INFLUENZA A (H1N1) VIRUS INFECTION?
The symptoms appear to be similar to that of regular human flu, and include fever, cough, sore throat, body aches, lethargy, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with this virus.

HOW CAN I PROTECT MYSELF FROM THE INFLUENZA A (H1N1) VIRUS?
Protective measures to avoid getting or spreading the influenza A (H1N1) virus are the same as for seasonal flu, and most other respiratory infections. They include:
- Washing your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Encouraging all people to cover their mouth and nose when they cough or sneeze with a tissue, handkerchief or a sleeve. Do not cover your mouth with a bare hand: your hand may become infected and facilitate virus transmission to others.
- Trying to avoid close contact with sick people.

WHAT SHOULD I DO IF I AM SICK WITH FLU-LIKE SYMPTOMS?
If you experience flu-like symptoms such as fever, cough or sore throat, you should stay in your room and call a doctor. (you can dial the 15 in France)

WHAT PRECAUTIONS SHOULD I TAKE, AFTER I LEAVE THE COUNTRY OF THE CONFERENCE?
If you are well, you can return to work. However, if after leaving the country of the conference, you become ill with flu-like symptoms such as fever, sore throat, cough, blocked nose, chills, headaches, body aches, fatigue, and possibly diarrhea and vomiting, you should remain home, and seek medical attention immediately.

WHERE CAN I FIND MORE INFORMATION?
More information can be found at: