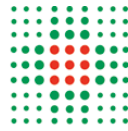


SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA
Azienda Ospedaliera di Reggio Emilia

Arcispedale S. Maria Nuova



SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA
Azienda Unità Sanitaria Locale di Reggio Emilia

**Informazioni in caso di INFLUENZA A-H1N1 (accertata o sospetta)
Information in the event of A-H1N1 INFLUENZA (suspected or diagnosed)**

Influenza is transmitted from person to person via the respiratory system, through drops of saliva from coughing or sneezing, or indirectly through contact with hands that have been contaminated by drops of saliva.

Influenza is not transmitted through food, therefore you cannot become ill through eating pork.

People who become ill with influenza are contagious from the day before they had their symptoms and for the whole period in which they have influenza symptoms.

Influenza symptoms generally last 5-7 days.

Children, especially small children, may be contagious for longer periods.

INDICAZIONI PER IL TRATTAMENTO
TREATMENT

In order to cure the illness, it is generally sufficient to rest, drink a lot and undertake a course of therapy for symptoms, with medicine to combat high temperature, pain and inflammation.

If there are more serious symptoms or complications, a doctor may prescribe other medicines.

It is important that you take precautions for the whole period in which you are contagious, in order to avoid the A-H1N1 influenza virus being transmitted to others.

INDICAZIONI PER L'ISOLAMENTO:

ISOLATION:

You should remain in isolation for the entire duration of your illness; up to 24 hours after your high temperature has disappeared (your temperature should not be high even when you are not taking medicine in order to lower it).

- Avoid going out.
- If you have to go outside (onto a balcony or into the garden), avoid contact with other people.
- Avoid going out to do your shopping, if possible.
- Use a protective mask if you go to the doctor's or to hospital.
- Avoid taking part in events where there are large numbers of people.
- Don't receive visitors unless necessary.
- If you are visited by other people, wear a protective mask and wash and disinfect your hands.
- If possible, avoid coming into contact with pregnant women, small children and people with chronic illnesses.

TRASPORTI E SPOSTAMENTI

TRANSPORT AND GETTING AROUND

- Avoid using public transport.
- Wear a protective mask if you have to go out.
- Other passengers in the car with you should also wear a protective mask.

INDICAZIONI PER L'ISOLAMENTO SE SI VIVE CON ALTRE PERSONE

ISOLATION IF YOU LIVE WITH OTHER PEOPLE

- Keep a minimum distance of a metre from others and avoid physical contact, like handshakes, embraces, kissing, etc.
- If possible, stay in a separate room in your home, with the door closed and eat your meals there.
- If you have two bathrooms at home, the sick person should use only one.
- Avoid sharing cutlery, plates or glasses with other people.
- Use a protective mask if you share spaces with other people.
- Use disposable tissues and throw them into plastic rubbish bags.
- Wash and disinfect all bathroom surfaces (toilet and washbasin, etc.)
- Clean surfaces at home and objects that you touch with your hands (telephone, tables, remote controls, computer, door handles, etc.) with your usual products and with paper.
- Keep all rooms in the home well-ventilated.
- Wash pots, pans and clothes in the usual way.

Disinfectants and protective masks can be bought at the chemist's.