

## WELCOME TO SRI LANKA

Are you aware of the Novel Influenza A (H1N1) infection ?  
(known as "Swine Flu" before )

You may have visited a country/s already affected by Influenza A (H1N1) during the past week or so.

The instructions given below will ensure that you and others are protected from this disease which can be fatal.

### ★ LOOK

For development of following symptoms within one week of travel

- Fever
- Headache
- Muscle aches & pains
- Sore throat
- Cough, runny nose
- with or without vomiting /diarrhea

### If you have any of the above symptoms

### ★ AVOID

- Close contact with others
- Cover coughs and sneezes  
(using handkerchief / tissue / Elbow)

### ★ WASH

- Hands frequently with soap and water.

### ★ CONSULT

- a qualified medical practitioner and bring the contents of the box below to the attention of the medical practitioner.

## Instructions to the

### MEDICAL PRACTITIONER

1. Determine whether clinical diagnosis is compatible with suspected / probable Influenza A H1N1 infection ( based on clinical features & travel / contact history )
2. If so, notify the Epidemiologist  
( 0114 740492 )
3. Refer the patient to IDH for further management and investigations  
( 0114411284 )
4. For further information contact  
( 0112681548 )

### Contact following health authorities if you need any information

- Epidemiology Unit (0112681548)
- Disaster Management Unit (0602056990)
- (0602071073)
- Infectious Diseases Hospital (0114411284)
- National Hospital of Sri Lanka (0112691111)
- TH Colombo South (0112763261)
- TH Colombo North (0112959261)

**Please keep this leaflet with you  
always**

