

Is there a pandemic risk on Influenza A (H1N1)?

- Yes. If the Influenza A(H1N1) establishes efficient and sustained human-to-human transmission then it can cause an influenza pandemic. The impact of a pandemic is difficult to predict. It depends on virulence of the virus, existing immunity among people, cross protection by antibodies acquired from seasonal influenza infection and host factors.

The following DOH Hospitals are designated as Referral Centers for Emerging and Re-emerging Infectious Diseases like Influenza A(H1N1):

NATIONAL REFERRAL CENTER

Research for Tropical Medicine(RITM)
Alabang, Muntinlupa, Metro Manila
Tel No. 809-7599

SUB-NATIONAL REFERRAL CENTERS

A. LUZON AND METRO MANILA

San Lazaro Hospital
Quiricada St., Sta. Cruz, Manila
Tel. No. (02) 732-3776 to 78

Lung Center of the Philippines
Quezon Avenue, Quezon City
Tel. No. (02) 924-6101/Fax No. 924-0707

B. VISAYAS

Vicente Sotto Medical Center
Cebu City
Tel. No. (032) 253-9891/254-0057

C. MINDANAO

Davao Medical Center
Bajada, Davao City
Tel. No. (082) 227-2731

SATELLITE REFERRAL HOSPITALS

Regional Hospitals/Medical Centers of 16 regions (list down the 16 regional hospitals)

Mariano Marcos Memorial Hospital
and Medical Center
Batalac, Ilocos Norte
(077) 792-3144; 792-5002; 792-5051

Cagayan Valley Medical Center
Tuguegarao, Cagayan
(078) 844-3789; 844-1410; 844-0033; 0917-9356201

Jose B. Lingad Memorial General Hospital
San Fernando, Pampanga
(045) 961-3921; 961-3380; 961-3363

Batangas Regional Hospital
Batangas City, Batangas
(043) 723-0911; 980-1743

Bicol Regional Training and Teaching Hospital
Legaspi City, Albay
(052) 483-0016; 483-0015; 480-0635; 483-0808

Western Visayas Medical Center
Mandurriao, Iloilo City, Iloilo
(033) 321-1797; 321-0638; 321-2841

Western Visayas Regional Hospital
Bacolod City
(03) 433-2697 435-1591 loc. 241

Eastern Visayas Regional Medical Center
Magsaysay Blvd., Tacloban City
(053) 321-133; 321-3129; 321-2816; 325-8438

Zamboanga City Medical Center
Zamboanga City
(062) 991-2934

Northern Mindanao Medical Center
Cagayan de Oro City
(08822) 728-829; 723-735
(088) 858-4064
(0917) 950-4287
(0918) 534-5333

Cotabato Regional and Medical Center
Cotabato City, North Cotabato
(064) 421-2192; 421-2340 local 103

Baguio General Hospital and Medical Center
Baguio City
(074) 442-3165

Caraga Regional Hospital
Surigao City, Surigao del Norte
(086) 231-7090; 826-2459; 826-3157

Be vigilant!

If you have flu like symptoms and history of travel to influenza A(H1N1) affected countries/areas, immediately consult a **DOCTOR**

FAQs

Influenza A (H1N1)



Source: DOH (Department of Health)

What is Influenza A (H1N1)?

- ☛ Influenza A(H1N1) is caused by a novel virus that resulted from the reassortment of 4 viruses from pigs, human and birds
- ☛ It is a new virus causing illness in people
- ☛ It was first detected in people in April 2009 in the United States
- ☛ This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread
- ☛ There is no vaccine yet to protect humans from this virus
- ☛ There are existing and recommended medicines that are effective in treating these Influenza A(H1N1)
- ☛ Influenza A(H1N1) can be fatal to humans due to severe respiratory distress (pneumonia)

Why this new Influenza A(H1N1) virus is sometimes called "Swine Flu"?

- ☛ This virus was originally referred to as "swine flu" because laboratory tests showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes. Scientists call this a "quadruple reassortant" virus.

Do pigs carry this virus and can people catch this virus from a pig?

- ☛ At this time, there is no evidence that swine in the United States are infected with this new virus. However, there are flu viruses that commonly cause outbreaks of illness in pigs. Most of the time, these viruses do not infect people, but influenza viruses can spread back and forth between pigs and people.

Are there human infections with this virus?

- ☛ Yes. Cases of human infection with this virus were first confirmed in the U.S. in Southern California and near Guadalupe Country, Texas. The outbreak intensified rapidly from that time and more and more states have been reporting cases of illness from this virus. Other countries with confirmed cases include Mexico, United States, Canada, Australia, Austria, New Zealand, Japan, Korea, China (Mainland China, Hongkong), Portugal, Poland, Guatemala, Spain, Costa Rica, Colombia, Denmark, El Salvador, France, Germany, Ireland, Israel, Italy, Netherlands, Norway, Sweden, Switzerland, United Kingdom, Brazil, Argentina, Panama and the Philippines.

Is this new virus contagious?

- ☛ Yes, Influenza A(H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of this virus in humans?

- ☛ Similar to the symptoms of regular flu such as:
 - Fever
 - Headache
 - Fatigue
 - Muscle or joint pains
 - Lack of appetite
 - Runny nose
 - Sore throat
 - Cough
- ☛ Some cases have reported *diarrhea*, *nausea* and *vomiting*.

How severe is illness associated with this virus?

- ☛ It is not known at this time how severe this virus will be in the general population. Experts are studying the medical histories of people who have been infected with this virus to determine whether some people may be at greater risk from infection, serious illness, or hospitalization from the virus.

How does Influenza A(H1N1) virus spread?

- ☛ Coughing or sneezing by people with influenza
- ☛ Touching things with flu viruses on it and then touching one's mouth, nose or eyes

Can I get infected with Influenza A (H1N1) from eating or preparing pork?

- ☛ No, you can't get influenza A(H1N1) by eating properly handled and thorough cooked pork and pork products
- ☛ The virus is killed by cooking temperatures of 160 F/70 C.

What is the incubation period?

- ☛ 7 to 10 days from the time of exposure to the first onset of signs and symptoms

How long can an infected person spread Influenza A(H1N1) to others?

- ☛ Infected person maybe contagious from one day before they develop symptoms to up to 7 days after they get sick. Children might potentially be contagious for longer periods.

Are there medicines to treat infection with A(H1N1)?

- ☛ Yes. Oseltamivir or zanamivir are the recommended drugs to treat and or prevent infection with this virus. You have to consult a doctor before using these drugs to avoid resistance.

Is vaccine available to protect people from getting infected with AH1N1?

- ☛ No, at present there is no vaccine against this virus.

How can we prevent the spread of the virus?

- ☛ Observe proper personal hygiene:
 - Cover your nose and mouth when coughing or sneezing
 - Wash hands regularly with soap and water, at least for 20 seconds (or use alcohol-based hand sanitizers) especially after handling patients and specimen, before and after eating, after using the toilet and as necessary.
 - Avoid touching your eyes, nose or mouth. Germs spread this way.
- ☛ Increase your body's resistance:
 - Have at least 8 hours of sleep
 - Be physically active
 - Manage your stress
 - Drink plenty of fluids
 - Eat nutritious food, especially fruits and vegetables
- ☛ Social distancing:
 - Avoid crowded places.
 - Avoid close contact with sick people.
 - Stay home if you are sick until you are free from symptoms to prevent the spread of the virus.

What to do if somebody gets sick?

- ☛ If there is flu like symptoms, consult the doctor immediately.
- ☛ Report to the proper health authorities.