

Upon return from any country with reported Influenza A(H1N1) cases:

## Help Keep Philippines FLU-FREE! Do 1, 2, 3.

Upon arrival, immediately proceed to Quarantine Counter for Screening



**STEP 1** Submit completely filled-up Health Checklist to Quarantine Officer and pass through Thermal Scan.



PROCEED TO IMMIGRATION COUNTER

**STEP 2** DOCTOR

Submit yourself to attending Physician for further screening to confirm your temperature and review your travel history.



PROCEED TO IMMIGRATION COUNTER

REFER TO HOSPITAL



IMMIGRATION COUNTER



**STEP 3** At home / destination, observe for flu-like symptoms for 10 days.

- If no symptoms after 10 days, confinement lifted.
- If signs and symptoms develop within 10 days of arrival, immediately contact the following numbers.

OPCEN-HEMS TEL. (632)7111001, 7111002  
(63)9215922361  
NEC-DOH TEL. (632)7431937

DOH Hospitals designated as Referral Centers for Emerging and Re-emerging Infectious Diseases

### 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. 732-3776 to 78  
**Lung Center of the Philippines**  
Quezon Avenue, Quezon City  
Tel. No. 924-6101/924-0707
- B. Visayas  
**Vicente Sotto Medical Center**  
Cebu City  
Tel. No. (032) 253-9891/2540057
- C. Mindanao  
**Davao Medical Center**  
Bajada, Davao City  
Tel. No. (082) 227-2731

### Satellite Referral Hospitals

Regional Hospitals/Medical Centers of 16 regions

***Be vigilant!***

If you have the signs and symptoms of Influenza A(H1N1), immediately consult a doctor.



To-DOH Alerto Laban sa Flu!

For more information on **Influenza A(H1N1)**,  
call (02) 711-1001 or 711-1002  
or visit [www.doh.gov.ph](http://www.doh.gov.ph)

# Influenza A (H1N1)



**A Guide for Travelers**

## 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 that may lead to death.
- It was first detected 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.
- But there are existing and recommended medicines that are effective in treating these Influenza A(H1N1).

## What are the signs and symptoms 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 having diarrhea, nausea or vomiting

## What is the mode of transmission of Influenza A(H1N1)?

- Exposure to droplets from the cough and sneeze of the infected person.
- By touching your mouth, nose or eyes after you got in contact with contaminated object and infected person.

**Influenza A(H1N1) is not transmitted by eating thoroughly cooked pork.**

## How to prevent Influenza A(H1N1)?

- Cover your nose and mouth when coughing and sneezing.
- Always wash hands with soap and water.
- Use alcohol-based hand sanitizers.



- Avoid close contact with sick people.
- 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

## What travelers should do ...

***In countries or areas where Influenza A (H1N1) has been reported:***

- Always wash hands with soap and water.
- Cover nose and mouth when coughing or sneezing.
- Eat thoroughly cooked pork.
- Avoid close contact with sick person.
- Wear surgical mask as per advise.
- Strictly follow health authority's advise.

***...in case you suspect that another person is sick with Influenza A(H1N1)***

- Protect yourself by using face mask.
- Ask the person to use a face mask.
- As much as possible keep a distance of 1 meter away from the person.
- Request the Barangay Health Emergency Response Team (BHERTS) or any local health officer to transport the patient to a DOH referral hospital as soon as possible.