World Health Organization

Response to Influenza

Influenza activities are now underway. Influenza symptoms are coughing and sneezing. Severe symptoms include breathlessness or difficulty breathing, pain or pressure in the chest or abdomen, purple or blue skin, fainting, or convulsions, or a sudden high fever.

Clean your hands.

To prevent transmission, wash your hands often with soap and warm water. Use soap and warm water.

If influenza vaccine is available, get vaccinated. This is the best way to prevent influenza.

Call 311 or go to http://www.nyc.gov

Gasp and cough into your elbows. Influenza viruses can enter your mouth and nose through your eyes.

Protect yourself.

When influenza vaccine becomes available, get vaccinated. This is the best way to prevent influenza.

Call 311 or go to http://www.nyc.gov

Protect your family.

After you are no longer contagious, keep your family at home for 24 hours. If you become ill, call your doctor immediately. If you have questions, call 311 or go to http://www.flu.gov

General clues for physicians.

When physicians encounter unusual patterns of illness, they should be alert to the possibility of influenza. To report this information, they should call 311 or go to http://www.nyc.gov, Notify NYC or lifenet.nyc, and contact the New York City Health Department at 911 or http://www.cdc.gov.

Influenza is a contagious disease.

Influenza is a highly contagious disease. It is spread by airborne droplets or contact with infected secretions. The disease is especially dangerous for young children and older adults. To prevent the spread of influenza, it is important to wash your hands often with soap and warm water. If you become ill, stay home for 24 hours. Contact your doctor immediately if you have questions. To report information about influenza outbreaks, call 311 or go to http://www.flu.gov.

Health

NYC
جاہز ہے کہ کس کو خطرہ ہے۔

- مندرجہ ذیل گروپ کے لوگ سنگین طور پر بیمار ہوئے ہیں میں بوسکی کے بین یا انہوں انفلوئنزا کے لئے طبی علاج کی ضرورت بوسکتی ہیں۔
- 65 سال یا اس سے زیادہ عمر کے لوگ
- حالیہ عورتیں
- 5 سال سے کم عمر کے بچے
- بچے موجود طبی عارضہ والے، جیسے دمہ کے مرض(پہیپھڑوں کی دمہ کی بیماری، جیسے پہیپھڑوں مین رکاواٹ کا دمہ کے مرض (COPD) یا مثانوی لیفیت(پیجی ٹنر کو ہی کی دمہ کی بیماری)۔
- دل کی بیماری والے لوگ جیسے لی فی ریکاواٹ کی بیماری، امتلائی دورہ دل جیسے لیفیت کی بیماری، HIV/AIDS، یا کینسر، یا استریٹیز کی بیماری
- بیماری یا ادویات کی وجہ سے کمزور مدافعی نظام والے لوگ جیسے 65 سال سے زیادہ عمر کے لوگ
- پہچانی کے خطرہ والے لوگوں کے ساتھ بہت قریبی ربط رکھنے والے لوگ
- جیسے بچوں کے نگاہدار کے حالیہ عورتیں
- ملازمین اور بہت زیادہ چھوٹے بچوں کے نگاہدار کے
- ملازمین اور بہت زیادہ چھوٹے بچوں کے نگاہدار کے
- پہچانی کے خطرہ والے لوگوں کے
- اگر آپ کو مدد کی ضرورت بتوں کا خاتمہ، دوستوں با پہچانی کے پہچانی کے کومن کی کمیونٹی مین کو چنیتی ہے آپ کو کمیونٹی مین کو چنیتی ہے
- اپنی حفاظت کریں اور کسی بھی شخص کے پاس پہچانی جسے آپ جانتے ہیں کہ وہ خطرہ ہے کا شکار ہو سکتا ہے۔
An influenza pandemic is a widespread flu outbreak. Mild symptoms of influenza include fever and cough. Severe symptoms include trouble breathing or shortness of breath, pain or pressure in the chest or stomach, bluish skin color, dizziness or confusion, nausea or vomiting, or increasing fever.

**Cover your cough and sneeze.**
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow, not your hands. It can prevent others from getting sick.
- Avoid touching your face. Influenza viruses can enter your body through your nose, mouth or eyes.

**Wash your hands.**
- Wash your hands often to avoid spreading germs. Use soap and warm water, and count to 20 or sing “Happy Birthday.”

**Get vaccinated.**
- When the pandemic influenza vaccine is available, get vaccinated. It is the best way to prevent influenza. Find vaccination sites at http://www.nyc.gov or by calling 311.

**Stay home if you are sick.**
- If you get sick, stay at home until 24 hours after your symptoms are gone. People with the flu usually recover without medical treatment. If you have questions, call 311.
- If your symptoms are severe, seek medical care immediately.
- Speaking with a doctor may be difficult during an influenza pandemic because many people may be ill. Call 311 or visit http://www.nyc.gov, http://www.cdc.gov or http://www.flu.gov for more information about other options.

**GENERAL GUIDELINES**
- Get health information from credible sources (nyc.gov, cdc.gov and 311).
- Sign up for Notify NYC for information about emergency events.
- If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- In an emergency, always call 911.
Know who is at risk.

- The following groups of people are at highest risk of becoming seriously ill or requiring medical treatment for influenza.
  - People 65 years or older
  - Pregnant women
  - Children younger than 5 years old, but especially children younger than 2
  - People with a pre-existing medical condition, such as asthma
  - People with chronic lung disease, such as chronic obstructive pulmonary disease (COPD) or cystic fibrosis
  - People with heart disease, such as congenital heart disease, congestive heart failure or coronary artery disease
  - People with weakened immune systems due to disease or medication, such as people with HIV, AIDS or cancer, or people on steroids
  - Those in close contact with people at risk of complications, like healthcare workers and people who care for infants too young to be vaccinated

Reach out.

- Reach out to family, friends or neighbors if you need help. Someone in your community may be able to help you get food, medicine or other important items.
  - Protect yourself and reach out to anyone you know who may be at risk.