

A note to the healthcare worker

The patient presenting this card MAY have been exposed to swine flu.

Your patient was given this card upon arrival to the Maldives. Human cases of swine flu virus infection have been spreading in many parts of the world and this traveler may have been exposed before coming to Maldives.

- Obtain a respiratory swab for testing and place in refrigerator (not a freezer)
- Contact NEOC to facilitate transport and timely diagnosis
- Follow national sample collection, screening and treatment guidelines

For more information:

Call NEOC, hotline 3304829 or visit www.health.gov.mv

Centre for Community Health & Disease Control
Ministry of Health & Family

I.07

090509

You might have been exposed to influenza A (H1N1) virus and needs to look for signs and symptoms during the next 7 days

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Save this card for 7 days and look for the symptoms given below

Today's date:

Keep this card until:.....

Save this card and follow these steps for the next 7 days:

1. Observe your health.
2. Check your temperature daily.
3. Look for the following symptoms:
 - **Fever** (greater than 100°F or 37.8°C)
 - **Sore throat**
 - **Cough**
 - **Stuffy/runny nose**
 - **Chills**
 - **Headache and body aches**
 - **Fatigue**

If you have any of the above symptoms, seek medical care and do the following:

Give the healthcare provider this card. Tell them about your recent trip and describe the symptoms you have that are listed

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in this document. If you do not have a healthcare provider, call National Emergency Operations Centre (NEOC) hotline: 3304829 for guidance.

Prevent the spread of swine flu:

If you have any of the above symptoms;

- Wear a surgical mask when in contact with others. Surgical masks will be available in t h e local pharmacies.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue).
- Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands with **soap** and **water**, or use an appropriate **antiseptic** handrub/gel.
- Stay in your room and avoid close contact with others as much as possible.

If not ill, or if you do not get any of the above symptoms, you may continue your normal activities.

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