

Somali Community Access Network

700 Morse Road, Suite 101 Columbus, OH 43214



24 Hour H1N1 Flu Hotline: 614-556-0059

FACTSHEET ON THE H1N1 INFLUENZA **HELP PREVENT THE SPREAD OF SWINE INFLUENZA IN YOUR COMMUNITY**

The United States Government has declared a public health emergency the country due to the international outbreak of H1N1 flu. There is speculation in the Somali community that H1N1 Flu can only affect people who consume pork. That is not true. Centers for Disease Control and Prevention has determined the virus is contagious and is spreading from human to human. Transmission occurs through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

What can people do? Everyday Actions to Stay Healthy:

- Stay informed.
- Cover your cough by using the sleeve of your garment. You may also cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people:

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, we recommend that you stay home from work or school and limit contact with others to keep from infecting them.

Symptoms:

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza, and include:

- High fever; lethargy; lack of appetite; coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

If you need help, call the following numbers:

FirstLink Community Flu Hotline: 211 (24 hours)

ODH Hotline: 1866-800-1404, 8 a.m. to 5 p.m. Monday through Friday.

SomaliCAN Flu hotline: 614-556-0059

For more information refer to the website for Centers for Disease Control and Prevention:

<http://www.cdc.gov/swineflu/>

Last Updated: 5/1/2009

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Faahfaahin ku Saabsan Jeermiska H1N1

BULSHADAADA KA ILAALI INUU KU FAAFO CUDURKA SWINE INFLUENZA

Dowladdu Maraykanku waxay sare u qaadday la socodka cudurka H1N1. Sax ma ahan in uu cudurkani ku dhaco dadka doofaarka cuna ama dhaqda oo kaliya. Cudurkani wuxuu ku dhici karaa qof walba, waxaana faafiya qofka buka marka uu hindhiso ama qufaco. Wuxuu kaloo ku faafaa haddii aad taabato shay jeermiska leh oo aad isla gacantii afka ama sanku ku taabato. Run ma ahan in aanu cudurkani ku dhicin dadka aan khansiirka cunin.

Maxay dadku qaban karaan? Waxqabadyada Maalinlaha ah ee si loo caafimaad qabo maalin kasta:

- Xog kugu filan hel.
- Dabool qufacaaga adigoo isticmaalaya darafta gacanta shaadhkaaga ama tuwaal nadiif ah. Sidoo kale markaad hindhisoonayso ama qufacayso dabool afkaaga iyo sankuagaba. Markaad isticmaasho istiraashaha xaashida ah ku tuur qashin qubka.
- Gacmahaaga mar kasta ku dhaq saabbuun iyo biyo, gaar ahaan markaad qufacdo ama hindhiso. Nadiifiyeyaasha gacmaha ee allkolada leh waa mid waxtar ah.
- Ka dhawrso taabashada indhaha, sanku iyo afkaaga. Sidaa jeermigaa ku fida.

Iska ilaali taabashada dadka buka:

- Influenzadani waxay ku faaftaa inta badan qof mid kale ku rida. Tani waxay dhacdaa markay isku qufacaan ama hindhisaan.
- Haddii aad xanuunsato, waxaannu ku talinaynaa inaad gurigaaga ka joogtid shaqada iyo dugsigaba oo aad koobtid xiriirka dadka kale si aadan u qaadsiihin.

Astaamaha:

Astaamaha xumaddan waxay la mid tahay kuwa kale ee influenzayaasha (wareento) kale ee caadiga ah ee xilliyada ku socota, waxaana ka mid ah:

- Qandho kulul, Caajis ba'an, Cunto cunid xumo, qufacid. Dadka qaar qaba xumaddani waxay ka cawdaan diif, cune-xanuun, lallabbo, matagid, iyo shuban.

Haddii aad u baahatid caawin, wac telefoonadan:

Telefoonka Bulshada ee FirstLink: 211 (24 saac)

Telefoonka Dadweynaha ee Waaxda Caafimaadka: 1866-800-1404, 8 a.m. to 5 p.m.

Telefoonka SomaliCAN: 614-556-0059

Ama booqo barta internet-ka ee Xarunta Xakamaynta iyo ka Hor Tagga Cudurrada:

<http://www.cdc.gov/swineflu/>

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