



ADVICE FOR DCU VISITORS / CONFERENCE DELEGATES FROM AREAS AFFECTED INFLUENZA A/H1N1 ('SWINE' FLU)

Human cases of Influenza A/H1N1 ('Swine' Flu) have been reported worldwide. This is an evolving situation and it is likely that more countries will be affected.

What is Influenza A/H1N1 ('Swine' Flu)?

The World Health Organisation (WHO) has described this virus as a new subtype of Influenza A/H1N1 not previously detected in pigs or humans, and containing a mix of swine, human and avian influenza virus genes.

Symptoms of Influenza A/H1N1 are similar to those of seasonal flu, usually a **feverish illness accompanied by cough, sore throat, headache or muscle aches**. For most people, this illness appears to be mild. Infection with this flu is treatable with the antiviral drugs oseltamivir (Tamiflu®) and zanamivir (Relenza®).

What should I do if I have travelled to Ireland from a country affected by Influenza A/H1N1 ('Swine' Flu) ?

If you have travelled from an area where human cases have been identified, it is important that you are vigilant for any signs of illness in the seven days after you travel from the affected area. As long as you remain well, there is no need for you to isolate yourself from other people. However, if you have travelled from one of the areas that have been affected and you start to develop influenza-like symptoms you are advised

1. Stay at home or for visitors to Ireland, in your hotel room
2. Contact your General Medical Practitioner or for visitors to Ireland seek contact details of local Medical Practitioners from hotel reception / guest house manager and contact them directly. If in doubt contact the **Health Services Executive (HSE) Information hotline 1850 24 1850**

If you develop influenza-like symptoms while on campus in DCU notify your DCU Host / Conference Coordinator immediately. They will arrange for medical review as appropriate.