

In Malaysia, the Influenza A H1N1 flu virus spread is not virulent and in most cases is light. Here's some information on the precautions that are already in place.

- The Health Ministry's operations room in Putrajaya Administrative Center has started a 24-hour monitoring of the situation. The public can call 03-8881 0200 / 300 for enquiries.
- Health Ministry officials are conducting health screenings on passengers arriving at the airport. Visitors will be required to complete a form if they show signs of having fever, cough and difficulty in breathing. Those found to have flu-like symptoms will be quarantined at the Serdang or Putrajaya hospitals.
- Public and private medical practitioners have been instructed to report to the district health office any patient with influenza-like illnesses or severe pneumonia symptoms and who had traveled to the affected countries after April 17 2009.

For more information, go to the Health Ministry (www.moh.gov.my) or call the Ministry's hotline at (03) 8881-0200/300.

Precautionary measures during the congress

The congress organisers are also taking steps to prevent the spread of the influenza.. During your stay here, we will keep you up to dated with what is going on and will provide the transportation for you to get to the designated hospitals and clinics if you feel sick or if you have the following symptoms:-

- Fever
- Lethargy
- Runny nose
- Cough
- Sore throat
- Lack of appetite
- Vomiting and diarrhea in some cases.

To deter the spread of the virus, mobile sanitisers will be placed near the conference halls for you to dry wash your hands.

To protect yourself and others from catching the influenza, here are some ways to take precaution:

- Avoid contact with people who have a fever, cough, or sneeze, or complain of any flu-like symptoms. Stay away from the congress or public activities if you are ill.

- If you feel like you are developing flu symptoms, don't wait to see if it will just go away. Go visit the nearest hospital or clinic. Start drinking plenty of fluids to stay well hydrated and get a diagnosis and treatment for whatever is causing your fever.
- If you cough or sneeze, cover your nose and mouth with a tissue and then toss it out. No tissues handy? Turn your face into the crook of your elbow, to keep germs from flying away.
- Wash your hands often with soap and water or use alcohol-based hand sanitisers/cleaners frequently.
- Keep your hands away from your eyes, nose or mouth.
- Maintain healthful habits - get ample sleep and exercise, drink fluids, eat well.
- Wear a mask if you plan to go to a crowded place or ride on mass transit.