

How to stay healthy, and avoid the A (H1N1) swine flu!

1) Avoid getting ill

Protect yourself and others against infection:

Good hygiene habits are the most important aspect when it comes to protect ourselves against influenza infection. This also applies to infection with the new swine flu A (H1N1).



- Use a paper tissue when you sneeze or cough.
- If you don't have a paper tissue, cough or sneeze in your elbow catch.
- Wash your hands often, and thoroughly.
- When normal hand wash is impossible, use hand disinfection.



2) These are the symptoms of the swine flu:

Symptoms of swine flu A (H1N1) in humans are similar to the symptoms that occur at regular flu – such as fever, cough, painful neck, body work, headaches, and fatigue creeps. Some patients have reported diarrhoea and vomiting. Sign of disease often begins abruptly, with fever and general symptoms such as listed.

3) If you get ill, do the following;

International students and other students who do not have a permanent doctor in Bergen are asked to contact the Emergency room (Legevakten) or other regional office if they suspect that they are infected with H1N1 influenza. It is important that people who suspect that they are ill call in advance to the emergency room before they show up, so that the ill can be met with appropriate emergency response. Take a taxi to the emergency room, never public transportation, to avoid unnecessary infection of others.

The telephone number for Bergen Emergency room is: 55 56 87 60

Emergency room stations in the suburbs:
Fana Emergency room – Bergen south:
Tel: 55 56 13 00
Loddefjord Emergency room - Bergen west:
Tel: 55 51 33 70
Åsane Emergency room - Bergen north / east:
Tel: 55 56 70 00

I'm ill – what now?

*Stay home from work/school for around *seven days*. *Limit the number of people you are in contact with.*Keep (if possible) a distance of at least 1 metre from a non infected person.

If you have been diagnosed and live in a SiB accommodation

If you have been diagnosed with swine flu or you suspect you are infected and live in a SiB accommodation, you can also call our number if you need any help.

SiB accommodation: 55 27 60 04/05

4) People with higher risks:

- Pregnant women
- Adults and children with serious respiratory diseases, particularly persons with bad lounge - capacity.
- Adults and children with chronic cardiovascular disease, especially those with severe heart failure, low minute volume or pulmonal hypertension.
- Adults and children with decreased infection resistance
- Adults and children with diabetes mellitus (both type 1 and type 2)
- Adults and children with chronic renal failure
- Old people living in nursing homes, or people who are 65 years or older
- People with reduced mechanical ventilation capacity because of extreme overweight or chronic diseases, or severe neurological illnesses.