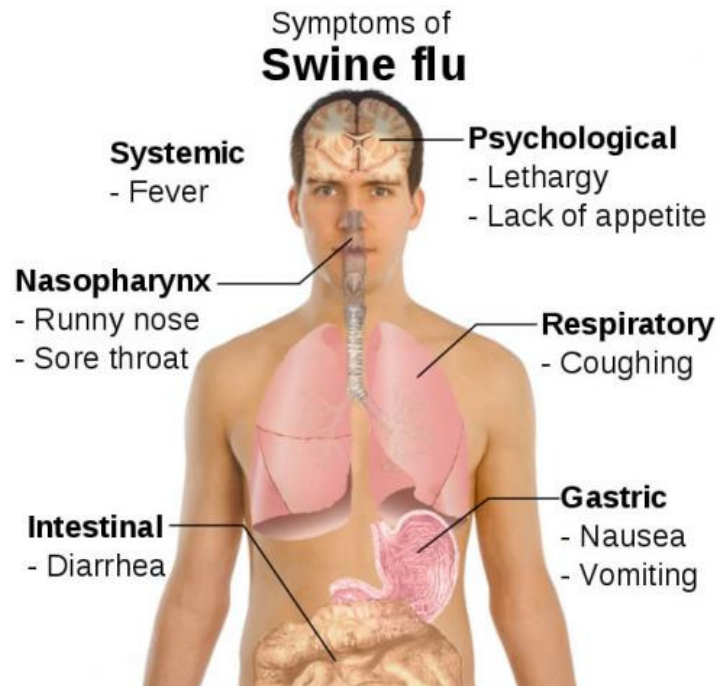


Swine Flu Update

A 22-year-old student at Stellenbosch University has become the first confirmed casualty of the H1N1 virus, commonly known as swine flu, the Department of Health said yesterday.

The NICD, a World Health Organization (WHO) reference laboratory, confirmed the presence of the H1N1 virus on Monday. The total confirmed cases worldwide now stand at 134 503 cases of swine flu and 816 deaths recorded across the world. To date 14 countries in Africa have been infected by the virus, with South Africa accounting for the highest number of cases.



How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.