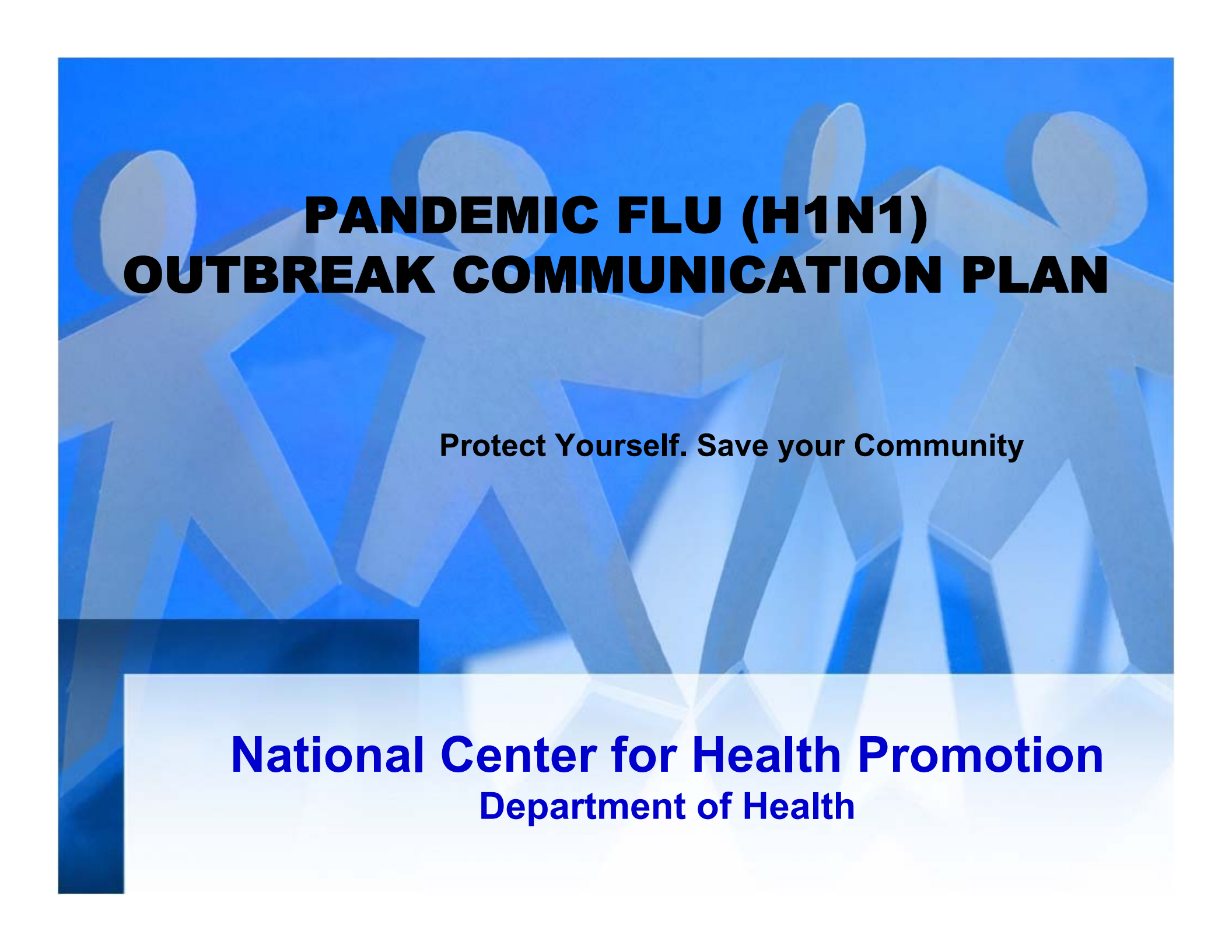




PANDEMIC FLU (H1N1) OUTBREAK COMMUNICATION PLAN

Protect Yourself. Save your Community

National Center for Health Promotion
Department of Health

Risk Communication Goals



- Goal is ... to communicate with the public in ways that build, maintain or restore trust. This is true across cultures, political systems and levels of country development.

Communication Handle



To-DOH Alerto Laban sa Flu





GENERAL MESSAGES DURING THE MITIGATION PHASE

Messages for Mitigation Strategy



The following information on influenza A (H1N1) must be reiterated:

- **Frequent hand washing with soap and water or alcohol-based sanitizers**
- **Respiratory etiquette and sanitary lung clearing practices**



- **Use of personal protective equipment—**

These are useful for first responders and healthcare workers in the frontline service and the laboratory. These consist of N95 masks, gloves, disposable solid front gowns, eye protection devices and shoe covers.

- **Proper use of surgical or N95 masks —**

Masks that adequately cover the nose and mouth and are firmly set in place significantly help in preventing spray of droplets from infected persons and in protecting an uninfected person from inhaling infected droplets.



- **Room use management and disinfection**

- In a health facility, workplace, school or home, it is good whenever feasible, to designate a room or specified space for persons who might be suspected, probable or confirmed case of influenza A (H1N1), and to clean and disinfect the area frequently

- **Social distancing or self isolation**



MORE SPECIFIC MESSGAGES PER TARGET AUDIENCES

Response Level I – A few sporadic cases with no community transmission



General Public	Health Workers	Hospital Chiefs
• Cover your mouth and nose when coughing or sneezing • Wash hands with soap and water • Eat nutritious food rich in Zinc, Vitamins A, C and E or take vitamins and plenty fluids. • Avoid going to crowded places. • Avoid kissing, hugging and shaking hands. • Stay at home and observe yourself for 10 days if exposed to confirmed case of Influenza A(H1N1) • Consult the doctor if you have signs & symptoms	• Wear mask when dealing with a patient with respiratory symptoms • Avoid direct exposure to blood and body fluids	• Issue hospital policy on how to respond to A(H1N1) pandemic • Make sure the hospital has the number of beds, isolations, respirators to cater to confirmed cases to be admitted • Intensify infection control • Ensure availability of essential medicines, anti-virals and equipment • Admit ALL confirmed cases

Response Level II – Beginning of community transmission and no evidence of sustained community transmission



General Public	Health Workers	Hospital Chiefs
• Follow messages enumerated above • Consult the doctor if you have the signs and symptoms of flu and have the following conditions: - Patient with rapid progression of illness (i.e. acute respiratory distress, decreased sensorium) - Patient with criterion for admission to the intensive care unit (per hospital policy) - Patient with clinical diagnosis and x-ray of pneumonia, who needs hospitalization in second or third level of care - Patients with severe malnutrition (severely underweight or severely overweight) - Chronic renal insufficiency that requires hospitalization	• Wear mask when dealing with a patient with respiratory symptoms • Avoid direct exposure to blood and body fluids • Manage mild cases at home • Transport probable and confirmed cases showing severe signs of respiratory infections and severe medical conditions	• Provide a triage area in the hospital

- Pregnancy with complications

Response Level II – Beginning of community transmission and no evidence of sustained community transmission



General Public	BHERTS	LCE
• Consult the doctor if you have the signs and symptoms of flu and have the following conditions: -Chronic Obstructive Pulmonary Disorder (COPD), active & untreated TB, multi-drug resistant TB, or previous pulmonary pathology w/c requires hosp. in second or third level of care - Complex congenital cardiopathy that requires hosp. in 2nd or 3rd level of care - Heart defect or previous cardiac pathology that requires hospitalization - Immunosuppression therapy, uncontrolled diabetes, organ transplant recipient or HIV/AIDS - Patients with underlying chronic diseases that present progression to deterioration	• Advice the sick person to always wear mask, stay at home and limit contacts with the other members of the family • Report to local health authorities CUOs • Advice the caregiver to immediately bring the patient if there are signs of severe respiratory distress	• Coordinate with the Department of Health – Centers for Health Development in your area • Provide medicine, transport and personal protective equipment like gloves and masks for the patient and health workers • Ensure the peace and orderliness of the health facilities

Response Level II – Beginning of community transmission and no evidence of sustained community transmission



General Public

- Only those with flu-like symptoms, confirmed case of Influenza A(H1N1) and caregiver of patients should wear mask
- If possible, place the patient in a separate room.
- Thoroughly wash used eating utensils of patient
- Avoid close contact with used clothes, linens, and bed sheets of sick person
- Maintain cleanliness of home and environment and ensure proper ventilation. Use disinfectant in cleaning
- Make a list of emergency contact numbers of hospitals, barangay officials, police station, relatives and friends in case you need assistance
- Make arrangements with neighbors and friends to perform some errands for you when you are sick.

Response Level III – Sustained community transmission



General Public	Health Workers	Hospital Chiefs
• Follow the messages enumerated above	• In RHUs and public clinics, be ready to manage higher number of mild cases as out-patient or ambulatory cases • Wear mask when dealing with a patient with respiratory symptoms • Avoid direct exposure to blood and body fluids • Monitor your temperature twice daily • If you have fever, stay at home and limit your contact with other members of the family. • There should be only one caregiver for the sick person	• Implement hospital policy on A(H1N1) pandemic response: - admit severe respiratory infections and with severe medical conditions - Be prepared to manage high number of complicated and severe cases



IEC Materials Developed

Health Advisories



Alagaan ang Kalusugan
LABANAN ANG KAHIRAPAN

Health Advisory Influenza A (H1N1)

Prepared by:
National Center for Disease Prevention and Control
National Center for Health Promotion

IWASAN ANG INFLUENZA A(H1N1)

Ano ang Influenza A(H1N1)?

Ang Influenza A(H1N1) virus ay:

- isang bagong virus mula sa pinagsama-samang apat (4) na viruses mula sa ibon, tao at baboy
- nagdudulot ng sakit sa tao na maaaring ikamatay
- naihahawa sa ibang tao tulad ng ordinaryong trangkaso
- wala pang bakuna laban dito pero may rekomendadong gamot na epektibo laban dito

Anu-ano ang mga sintomas nito?

• Tulad ng karaniwang trangkaso, ang mga sintomas ng Influenza A(H1N1) ay:

- lagnat
- sipon
- ubo
- sakit ng ulo
- pananakit ng lalamunan
- pananakit ng kasu-kasuan
- walang ganang kumain
- sobrang pagod
- May ilang pasyenteng nakaranas ng:
 - pagsusuka at
 - pagtatae

Paano ito naihahawa sa ibang tao?

Ang isang tao ay maaaring mahawahan ng Influenza A(H1N1), sa pamamagitan ng:

- "exposure" sa pag-ubo o pagbahing ng taong apektado ng Influenza A(H1N1)
- pagkuskos sa ilong, bibig at mata matapos hawakan ang isang bagay na kontaminado ng nasabing virus

Ang Influenza A(H1N1) ay hindi nakukuha sa pagkain ng karne ng baboy na inihanda ng maayos at niluto ng mabuti.

Paano ito maiiwasan?

Upang maiwasan ang Influenza A(H1N1), sundin ang sumusunod:

- Takpang mabuti ng panyo o tisyu ang bibig at ilong kung uubo o babahing
- Maghugas ng kamay gamit ang sabon at tubig matapos umubo at bumahing
- Maaari ding gumamit ng alcohol-based hand sanitizers
- Iwasang lumapit sa mga taong maysakit
- Mahalagang palakasin ang resistansya ng katawan sa pamamagitan ng mga sumusunod:
 - pagtulog ng 8 oras
 - pagkain ng masustansyang pagkain at pag-inom ng maraming tubig
 - pag-iwas sa stress
 - regular na ehersisyo

DOH Hospitals designated as Referral Centers for
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Alabang, Muntinlupa, Metro Manila
Tel No. 809-7599

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Tel. No. 732-3776 to 78
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Tel. No. 924-6101/924-0707

B. Visayas

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Cebu City
Tel. No. (032) 253-9891/2540057

C. Mindanao

- Davao Medical Center
Bajada, Davao City
Tel. No. (082) 227-2731

Satellite Referral Hospitals

Regional Hospitals/Medical Centers of 16 regions

**To-DOH Alerto
Laban sa FLU!**



Bantay Fever at Flu!

Kung ikaw ay may alin man sa mga sintomas ng nabanggit, kumonsulta agad sa doktor.
Para sa karagdagang kaalaman tumawag sa (02) 711-1001 o 711-1002
o bumisita sa <http://www.doh.gov.ph/H1N1>





Alagaan ang Kalusugan
**LABANAN
ANG
KAHIRAPAN**

Health Advisory

Influenza A (H1N1)

Prepared by:
National Center for Disease Prevention and Control
National Center for Health Promotion

FOR EMBASSY EMPLOYEES

Prevent Influenza A(H1N1)!

Do the following:

1. Follow the Embassy's hygiene protocol at all times.
2. Observe proper handwashing and cough manners.
3. Remember the signs and symptoms of flu:
 - Fever
 - Headache
 - Fatigue
 - Muscle or joint pains
 - Lack of appetite
 - Runny nose
 - Sore throat
 - Cough
 - Some cases have reported having diarrhea, nausea or vomiting
4. If you get sick while at home, call your office about your condition and do not report for work. Immediately consult a doctor.
5. If you get sick while at work, inform your supervisor and seek medical advice from your company's doctor.
6. Familiarize yourself with the embassy's contingency plans for flu pandemic.
7. If a flu pandemic is declared, cooperate in the implementation of the contingency plan.

Health Tips for Travelers

- Always wash hands with soap and water. Alcohol-based hand sanitizers are a good alternative if soap and water are not available.
- Pay attention to public health and travel advisories of countries that you are visiting.
- Take vitamins and drink plenty of fluids. Bottled drinking water is preferable than tap water if not sure of the source.
- Avoid alcohol drinks especially while traveling by plane. Alcohol can weaken the immune system.
- Pack medications in your carry-on. (Put a "note" in your personal medicine kit that indicates your allergies, specially to drugs/medicines, and other sensitive medical conditions)
- Get some sleep. The backbone of any strong immune system is simply getting enough rest.
- If you catch a fever, immediately seek medical attention.
- Be sure to have the telephone number your Embassy in the country you are visiting.

To-DOH Alerto Laban sa Flu!



OK-DOH-K!
OK sa Kalusugan,
OK sa Bayan!

Be vigilant!

If you have the above signs and symptoms, immediately consult a doctor.
For more information on Influenza A(H1N1),
call (02) 711-1001 or 711-1002 or visit <http://www.doh.gov.ph/H1N1>



Health Advisory Influenza A (H1N1)

Prepared by:
National Center for Disease Prevention and Control
National Center for Health Promotion



FOR TRAVEL AGENCY EMPLOYEES

Prevent Influenza A(H1N1)!

Do the following:

1. Follow the Embassy's hygiene protocol at all times.
2. Observe proper handwashing and cough manners.
3. Remember the signs and symptoms of flu:
 - Fever
 - Headache
 - Fatigue
 - Muscle or joint pains
 - Lack of appetite
 - Runny nose
 - Sore throat
 - Cough
 - Some cases have reported having diarrhea, nausea or vomiting
4. If you get sick while at home, call your office about your condition and do not report for work. Immediately consult a doctor.
5. If you get sick while at work, inform your supervisor and seek medical advice from your company's doctor.
6. Familiarize yourself with the Travel Agency's contingency plans for flu pandemic.
7. If a flu pandemic is declared, cooperate in the implementation of the contingency plan.

Health Tips for Travelers

- Always wash hands with soap and water. Alcohol-based hand sanitizers are a good alternative if soap and water are not available.
- Pay attention to public health and travel advisories of countries that you are visiting.
- Take vitamins and drink plenty of fluids. Bottled drinking water is preferable than tap water if not sure of the source.
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- If you catch a fever, immediately seek medical attention.
- Be sure to have the telephone number your Embassy in the country you are visiting.

**To-DOH Alerto
Laban sa Flu!**



Be vigilant!

If you have the above signs and symptoms, immediately consult a doctor.
For more information on Influenza A(H1N1),
call (02) 711-1001 or 711-1002 or visit <http://www.doh.gov.ph/H1N1>

Posters



Alagaan ang Kalusugan
LABANAN ANG KAHIRAPAN

Tuwing uubo at babahin,
Takpan ang ilong at bibig



1. Takpan ang ilong at bibig ng panyo o tissue.
2. Gamitin ang manggas o loob ng damit kung walang panyo o tissue.
3. Itapon ang gamit na tissue sa basurahan.

at maghugas ng kamay upang maiwasan ang pagkalat ng mga sakit tulad ng Influenza A(H1N1)

To-DOH Alerto Laban sa Flu!



OK-DOH-K!
OK na Kalusugan,
OK sa Bayan!

Para sa karagdagang kaalaman sa Influenza A(H1N1),
tumawag sa (02) 711-1001/711-1002
o bumisita sa: www.doh.gov.ph/H1N1







Alagaan ang Kalusugan
LABANAN ANG KAHIRAPAN

Maghugas ng Kamay

Maghugas ng kamay tuwing uubo at babahin upang maiwasan ang pagkalat ng Influenza A(H1N1)

1



Basain ng tubig ang kamay at sabunin

2



Sabuning mabuti ang kamay, ilalim ng kuko at daliri

3



Kuskusin ang pagitan ng mga daliri

4



Kuskusin ang likod ng mga daliri

5



Kuskusin ang pagitan ng hinlalaki

6



Kuskusin ang mga palad gamit ang mga daliri at banlawang mabuti ng malinis na tubig

Umawit ng Happy Birthday ng dalawang beses habang naghuhugas ng kamay upang masiguro na ito'y malinis.

To-DOH Alerto Laban sa Flu!



OK-DOH-K!
OK na Kalusugan,
OK sa Bayan!

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Alagaan ang Kalusugan
LABANAN ANG KAHIRAPAN

Iwasan
ang

INFLUENZA A(H1N1)

Ano ang Influenza A(H1N1)?

Ang Influenza A(H1N1) virus ay:

- isang bagong virus mula sa pinagsama-samang apat (4) na viruses mula sa ibon, tao at baboy
- nabubuhay lamang ang virus na ito mula sa 6-8 oras sa labas ng katawan ng tao
- nagdudulot ng sakit sa tao na maaaring ikamatay
- naihawawa sa ibang tao tulad ng ordinaryong trangkaso
- wala pang bakuna laban dito pero may rekomendadong gamot na epektibo

Anu-ano ang mga sintomas nito?

- Tulad ng karaniwang trangkaso, ang mga sintomas ng Influenza A(H1N1) ay:
 - lagnat
 - sipon
 - ubo
 - sakit ng ulo
 - pananakit ng lalamunan
 - pananakit ng kasu-kasuan
 - walang ganang kumain
 - sobrang pagod
- May ilang pasyenteng nakaranas ng:
 - pagsusuka at
 - pagtatae

Paano ito naihawawa sa ibang tao?

- Ang isang tao ay maaaring mahawahan ng Influenza A(H1N1) sa pamamagitan ng:
 - laway o sipon mula sa pag-ubo o pagbahin ng taong apektado ng Influenza A(H1N1)
 - pagkusos sa ilong, bibig at mata matapos hawakan ang isang bagay na kontaminado ng nasabing virus

Ang Influenza A(H1N1) ay hindi nakukuha sa pagkain ng karne ng baboy na inihanda ng maayos at niluto ng mabuti.

Paano ito maiiwasan?

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- Maghugas ng kamay gamit ang sabon at tubig matapos umubo at bumahin
- Maaari ding gumamit ng alcohol-based hand sanitizers
- Iwasang lumapit sa mga taong maysakit
- Mahalagang palakas ang resistensya ng katawan sa pamamagitan ng mga sumusunod:
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C. Mindanao

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Regional Hospitals/Medical Centers of 16 regions

- East Avenue Medical Center
East Avenue, Diliman, Quezon City
Tel. No. (02) 928-0611 to 22
- Quirino Memorial Medical Center
Kalipunan Road, Project 4, Quezon City
Tel. No. (02) 421-2250 to 61
- Jose Reyes Memorial Medical Center
Rizal Avenue, Sta. Cruz, Manila City
Tel. No. (02) 711-9491 to 98
- Rizal Medical Center
Rizal Avenue, Sta. Cruz, Manila City
Tel. No. (02) 711-9491 to 98

To-DOH Alerto Laban sa Flu!

Para sa karagdagang kaalaman sa Influenza A(H1N1),
tumawag sa (02) 711-1001/711-1002
o bumisita sa: www.doh.gov.ph/H1N1



OK-DOH-K!
OK sa Kalusugan,
OK sa Bayan!



QUARANTINE SCREENING PROCESS

Upon arrival, immediately proceed to Quarantine Counter for Screening



STEP 1 Submit completely filled-up Health Checklist to Quarantine Officer and pass through Thermal Scan.



(+) FEVER (-) FEVER

STEP 2 Submit yourself to attending Physician for further screening to confirm your temperature and review your travel history.



(+) CASE UNDER INVESTIGATION (-) PROCEED TO IMMIGRATION COUNTER

REFER TO HOSPITAL

STEP 3 At home / destination, observe for flu-like symptoms for 10 days.
 • If no symptoms after 10 days, confinement lifted.
 • If signs and symptoms develop within 10 days of arrival, immediately contact the following numbers.

OPCEN-HEMS TEL. (632) 711-1001, 711-1002
 (63) 921 592-2361
 NEC-DOH TEL. (632) 743-1937



HEALTH ALERT NOTICE

For International Travelers Arriving in the Philippines

To the Traveler:

During your recent travels, you may have been exposed to cases of Influenza A(H1N1). You should monitor your health for at least 10 days. If you become ill with fever accompanied by cough, sore throat, nasal congestion or difficulty of breathing, you should consult a health care provider or a physician. Other accompanying symptoms are vomiting, fatigue, headache, chills or diarrhea.

To help your physician make a diagnosis, tell about your recent travel history especially if you have been to these affected countries/areas and whether you have been in contact with animals (birds, pigs) or persons who had these symptoms.

To the Physicians:

The bearer of this card may have recently traveled to the affected countries/areas where cases of Influenza A(H1N1) have been identified. Manage symptomatically the presenting signs and symptoms and isolate the patient.

Immediately report to the nearest local health authority (MHO/ CHO/PHO), DOH Hospital and Center for Health Development or to the Department of Health thru the following numbers:

Bureau of Quarantine	Tel. No. (632) 832-2929
OPCEN-HEMS	Telefax. (632) 877-1109 loc 3119
	Tel Nos. (632) 711-1001 to 02
	(63) 921 592-2361
National Epidemiology Center (NEC)	Tel. No. (632) 743-1937
Research Institute for Tropical Medicine (RITM)	Tel. No. (632) 807-2628 to 32



HEALTH DECLARATION CHECKLIST

TO ALL TRAVELERS:

IMPORTANT REMINDER: Accomplish this form honestly and completely to facilitate quarantine procedures. Anyone found giving false information is liable and punishable in accordance with Philippine laws.

Travel History:
 Arrival Date: _____ Port of Origin: _____ Flt #: _____ Seat #: _____
 Countries visited the past three (3) weeks:
☐ U.S. ☐ Mexico ☐ Canada ☐ Others (specify): _____

Personal Data:
 Name: _____
 Sex: _____ Last Name: _____ First Name: _____ Middle Name: _____
 Age: _____ Nationality: _____ Civil Status: _____

Occupation:
☐ works in a hospital, clinic or nursing home
☐ works in zoo, piggery, poultry, animal farm
☐ others (specify): _____

Address in the Philippines: _____

Tel/Mobile No.
Please check if you have any of the following at present or during the past 10 days:
☐ Fever ☐ Body Weakness ☐ Difficulty of Breathing
☐ Cough ☐ Diarrhea ☐ Sore Throat
☐ Headache ☐ others (specify): _____

Did you visit any health worker, hospital, clinic or nursing home?	Yes	No
Did you visit any poultry farm, animal market or have been in contact with pigs, birds, chickens?		
Were you confined in a hospital?		
Do you have any household member/s, or close friend/s who have met a person currently having fever, cough and/or respiratory problems?		

Signature of Passenger/ Crew _____

Note: If you have been to an "Influenza A (H1N1)" affected country:
 a. Quarantine or confine yourself at home for 10 days and limit your contact with household members.
 b. Should you develop signs and symptoms, cover your mouth and nose with a piece of cloth, handkerchief or surgical mask.
 c. You may call any of the following numbers:

Bureau of Quarantine:	Telefax. (632) 877-1109 loc 3119
OPCEN-HEMS	Tel. No. (632) 832-2929
	Tel. Nos. (632) 711-1001 to 02
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National Epidemiology Center (NEC)	Tel. Nos. (632) 743-1937
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For Foreign Tourists: If you develop signs and symptoms during your stay, please contact the local health authorities for management and coordination with the Department of Health.

To the PHYSICIAN:
 The person presenting this card has recently been abroad, and could have been exposed to an infectious disease. Please refer the individual to the Municipal Health Officer or Provincial Health Officer or to the National Epidemiology Center (NEC) or your Center for Health Development (CHD) in your region for further management and monitoring by the Surveillance Unit of the area.

(Sgd.) EDGARDO C. SABITSANA, MD, MPH, CESO III
 Director IV
 Bureau of Quarantine

Approved:

(Sgd.) FRANCISCO T. DUQUE III, MD, MSc
 Secretary of Health



Brochures



Bantay Kalusugan

Kung may mga sintomas ng flu,
agad na kumonsulta sa inyong doktor
para malaman kung ito ay Influenza A(H1N1).

To-DOH Alerto Laban sa Flu!



For more information on
Influenza A(H1N1),
call (02) 711-1001 or 711-1002
or visit www.doh.gov.ph/h1n1

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Tel. No. (02) 711-9491 to 98
Rizal Medical Center
Pasig Boulevard, Pasig City
Tel. No. (02) 671-9740 to 43

Influenza A (H1N1)



**What the public
should know**



What to do when a person in a community report to have signs and symptoms of Influenza A(H1N1)?

1. Through the Local Health Officer, immediately notify the Provincial Health Office and the Regional Epidemiology and Surveillance Unit regarding a case under observation.
2. Immediately arrange for transfer and refer exposed person/s that develop signs and symptoms of influenza to the regional hospital.
3. A holding area in the community or in the health center will be set aside while awaiting transport.
4. Carry out Infection control while doing assessment:
 - 4.1 Use of Personal Protective Equipment, like gowns, masks and gloves
 - 4.2 Frequent handwashing
 - 4.3 Proper disposal of discharges
5. Infection control in the transport of a case under observation:
 - 5.1 Driver and the assisting person should wear PPE
 - 5.2 An adequate barrier such as plastic sheet or curtain between the patient and the driver should be provided
 - 5.3 Disinfect the ambulance or transporting vehicle after transport of the patient by cleaning the surfaces with sodium hypochlorite and spraying the vehicle's interior with disinfectant.

Bantay Kalusugan

Kung may mga sintomas ng flu, agad na kumonsulta sa inyong doktor para malaman kung ito ay Influenza A(H1N1).

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Tel. No. (02) 671-9740 to 43

To-DOH Alert! Laban sa Flu!



Para sa karagdagang kaalaman sa Influenza A(H1N1), tumawag sa (02) 711-1001 or 711-1002
website: www.doh.gov.ph/h1n1

Influenza A(H1N1)



What the Community Health Worker Should Know About Influenza A(H1N1)



3. All should be provided with supportive care.

4. As much as possible, limit the number of Health Care Workers (HCWs) including cleaners and laboratory personnel to have close contact with CUO. They should wear Personal Protective Equipment and should not attend to other patients. They should also be trained in infection control measures.

5. Health Care Workers who has had potential contact with droplets from a patient without adequate PPE should be given post-exposure prophylaxis.

6. HCWs who are unwell should not be involved in direct patient care since they are more vulnerable and may be more likely to develop severe illness when exposed to influenza A(H1N1) viruses.

7. Number of visitors should be restricted and should be instructed to wear appropriate PPE.

8. Waste should be disposed properly by placing it in a sealed, clearly labeled "Biohazard" impermeable bags and in accordance to infection control and airborne transmission precautions.

Bantay Kalusugan

Kung may mga sintomas ng flu,
agad na kumonsulta sa inyong doktor
para malaman kung ito ay Influenza A(H1N1).

To **DOH** Alerto Laban sa Flu!

DOH Hospitals designated as Referral Centers for Emerging and Re-emerging Infectious Diseases

National Referral Center

Research Institute for Tropical Medicine (RITM)

Alabang, Muntinlupa, Metro Manila
Tel No. 809-7599

Sub-national Referral Centers

A. Luzon and Metro Manila

San Lazaro Hospital

Quiricada St., Sta. Cruz, Manila
Tel. No. (02) 732-3776 to 78

Lung Center of the Philippines

Quezon Avenue, Quezon City
Tel. No. 924-6101/924-0707

B. Visayas

Vicente Sotto Medical Center

Cebu City
Tel. No. (032) 253-9891/2540057

C. Mindanao

Davao Medical Center

Bajada, Davao City
Tel. No. (082) 227-2731

Satellite Referral Hospitals

Regional Hospitals/Medical Centers of 16 regions

East Avenue Medical Center

East Avenue, Diliman, Quezon City
Tel. No. (02) 928-0611 to 22

Quirino Memorial Medical Center

Katipunan Road, Project 4, Quezon City
Tel. No. (02) 421-2250 to 61

Jose Reyes Memorial Medical Center

Rizal Avenue, Sta. Cruz, Manila City
Tel. No. (02) 711-9491 to 98

Rizal Medical Center

Pasig Boulevard, Pasig City
Tel. No. (02) 671-9740 to 43



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Influenza A(H1N1)



**A Guide for Health Worker
on Influenza A(H1N1)
at the Hospital**



- 2) Instruct the Municipal Health Officer to assess persons exposed to the suspected case.
- 3) Take the lead in the management of the affected areas

Scenario 2

Confirmed Case

What to do?

The local government units should disseminate the following information to the communities:

1. Immediately inform the Barangay Health Emergency Response Team about the CUO for Influenza A(H1N1).
2. Sick person to use a face mask
3. Place the sick person in a separate area while waiting for assistance from local health authorities.
4. Keep distance of at least 1 meter from the sick person.
5. Do not allow other people to get near the sick person suspected to have Influenza A(H1N1) to limit the number of exposed persons.
6. Wash hands after handling the sick person and his/her discharges, before touching one's face and before and after eating

Bantay Kalusugan

Kung may mga sintomas ng flu,
agad na kumonsulta sa inyong doktor
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Influenza A(H1N1)



**A GUIDE FOR
LOCAL CHIEF EXECUTIVE
ON INFLUENZA A(H1N1)**



Ano ang dapat gawin kung may estudyanteng may sintomas ng Influenza A(H1N1)?

1. Ihiwalay agad ang estudyanteng may lagnat.
2. Takpan ang bibig ng estudyante gamit ang malinis na panyo o maska;
3. Dalhin agad sa school clinic / health center / ospital.
4. Sabihan ang estudyanteng huwag ng pumasok kung may lagnat na.

Bantay Kalusugan

Kung may mga sintomas ng flu, agad na kumonsulta sa inyong doktor para malaman kung ito ay Influenza A(H1N1).

To-DOH Alerto Laban sa Flu!



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Influenza A(H1N1)

(Gabay sa mga Guro)



**PAANO MAIIWASAN
ANG INFLUENZA
A(H1N1)**

Print Ads



Alaga ang Kalusugan
LABANAN
ANG
KAHIRAPAN

Health Advisory

Influenza A (H1N1) Revised Response Level System in Schools

Issued by:

DOH Emergency Management Task Force for the Pandemic Response to Influenza A(H1N1)



CRITERIA	RESPONSE LEVEL 1	RESPONSE LEVEL 2	RESPONSE LEVEL 3	RESPONSE LEVEL 4
	1.1 Confirmed cases of Influenza A (H1N1) in other countries but no confirmed case in the Philippines	2.1 Confirmed cases of novel Influenza A (H1N1) in the country 2.2 No confirmed case in the school 2.3 No confirmed community level transmission	3.1 Confirmed cases of Influenza A (H1N1) in the country 3.2 Confirmed case in school 3.3 No confirmed community level transmission	4.1 Confirmed cases of Influenza A (H1N1) in the country 4.2 Confirmed community level transmission
RESPONSE	1.2 Keep updated about the status and extent of Influenza A (H1N1) globally 1.3 Campaign for proper hand washing, general hygiene and cough/sneeze manners 1.4 Make available hygiene and sanitation facilities 1.5 Line list and monitor health status of students, faculty and non-teaching personnel who have recently traveled to countries with confirmed cases of Influenza A (H1N1) virus infection 1.6 Observe precautionary measures during school gathering	2.1 Confirmed cases of novel Influenza A (H1N1) in the country 2.2 No confirmed case in the school 2.3 No confirmed community level transmission 2.8 Students, faculty and non-teaching personnel with ILI shall not report to school but inform the school physician or local health authorities for proper advice 2.9 Isolate in designated room and refer to school physician or healthcare worker persons identified to have ILI while in the school 2.10 Establish referral system with local health care facilities 2.11 Report to local health authorities (MHO/CHO) and/or the regional DOH Center for Health Development	3.4 Implement Response Level 2 PLUS: 3.5 Temporarily suspend classes in affected school (* for the extent of closure, see box below) 3.6 Lift suspension after 10 days	4.3 Implement Response Level 2 PLUS: 4.4 As a rule, NO suspension of classes in schools located in areas with community level transmission. Exceptions are: 4.4.1 Unusually severe illness or clinical manifestations 4.4.2 Large number of simultaneously ill students and/or school staff 4.5 Reverse isolation: students and school employees residing in areas without community level transmission should be advised NOT to report to school until the number of ILI in area or school has subsided OR these students and school employees will be required to wear face mask 4.6 Strengthen public health interventions
Declaration of Suspension of Classes	1.7 No suspension of classes	2.12 No suspension of classes	3.7 If a school has a laboratory- confirmed case of Influenza A (H1N1), the school principal declares suspension of classes 3.8 If two or more schools in one city or municipality have confirmed cases of Influenza A (H1N1), the Division Superintendent declares the suspension of classes in the affected schools or depending on the location of schools affected, in the entire city or municipality 3.9 The Higher Education Institution heads declare suspension of classes in their respective schools	4.7 The school principal or head decides if school needs to be temporarily closed, based on: 4.7.1 Severity or manifestations of influenza A (H1N1) illness among student or local population 4.7.2 Number of simultaneously ill students and/or school staff 4.7.3 Recommendation of the DOH or regional Center for Health Development
Reasons for suspending classes are: - To contribute to containment measures by limiting exposure to index case or cluster of cases in the school setting - To allow school officials to plan and institute or conduct for intensified campaign in school and community for awareness and behavior change toward - Frequent hand washing - General personal hygiene, including sanitation of personal effects like cell phones and other closely held personal gadgets - For schools to institute sanitation and decontamination measures in the school: - General cleaning of the school - Use of disinfectants for chairs, desks, door knobs, toilets, lavatories and garbage bins - Ensure provision of water, soap and other supplies / materials for proper hygiene purposes - For schools to coordinate with local health officials and the DOH regional Centers for Health Development who should document and report the clinical manifestations and progress and investigate the likely source and extent of transmission of the infection. * The extent or coverage of suspension of classes, college, institute or department or of the closure of schools to contain Influenza A (H1N1) infection for Response Level 3 depends on the following factors: - Physical configuration of school buildings such that the area or areas frequented by the first confirmed case can be delimited to a specific building or floor level and only classes in these areas may be suspended - Section or class assignments of students. Students in block sections can be suspended altogether when one of them is a confirmed influenza A (H1N1) case while sparing the rest of the school population from disruption of classes especially when there are no confirmed cases in other sections - School contingency plan of action to minimize both the spread of infection and the disruption of classes. This should include special arrangements for students on home quarantine to be able to catch up with lessons and for students on reverse isolation (as in Response Level 4) to be accommodated in schools located in areas without community-level transmission. - Evaluation and recommendation of the DOH central or regional Centers for Health Development and local health authorities Affected schools should inform DepEd regarding their decision to suspend classes and/or close the school.				
Confirmation of community level transmission is done by the Department of Health. School administrators shall closely coordinate with DOH regional Centers for Health Development in this regard. The Secretary of DepEd/ Chairperson of CHED/Director General of TESDA and their authorized representatives or officials may suspend classes according to information available to them or the recommendation provided by the DOH. As a rule, suspension of classes is lifted 10 (calendar) days after the diagnosis of the known confirmed case. By this time, school authorities should have carried out intensified hygiene and sanitation measures, contingency school program implementation and coordination with local health officials.				

**To-DOH Alerto
Laban sa FLU!**

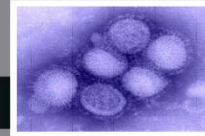
Bantay Fever at Flu!

Kung may nararamdamang sintomas ng flu, kumonsulta agad sa doktor.
Para sa karagdagang kaalaman tumawag sa (02) 711-1001 o 711-1002
o bumisita sa <http://www.doh.gov.ph/h1n1>



Health Advisory

Influenza A(H1N1)



Gabay ng Komunidad laban sa Influenza A(H1N1)

Sitwasyon

May ilang kumpirmadong kaso ng Influenza A(H1N1) pero walang "community transmission" sa inyong lugar.

Nagsisimula ng magkaroon ng "community transmission" pero walang patunay na nananatili ito sa komunidad.

Alamin ang sitwasyon ng Influenza A(H1N1) sa inyong lugar!
Sundin ang mga paalala ng Department of Health.

Para sa karagdagang impormasyon tumawag/ mag log-on/ mag-register:
DOH Hotline
(02) 711-1001 / 711-1002
DOH Website:
www.doh.gov.ph/h1n1
Smart Health Watch:
155
Text 700-DOH

Lumalaganap ang pagkalat ng Influenza A(H1N1) sa inyong lugar

Mga Dapat Gawin:

1. Takpan ang ilong at bibig ng tissue, panyo, manggas, o loob ng damit tuwing uubo at babahin
2. Ugaling maghugas ng kamay gamit ang sabon at tubig
3. Kumain ng masustansyang pagkain sagana sa Zinc at mga bitamina A, C, at E, o mag-vitamins at uminom ng maraming tubig o juice.
4. Iwasan ang pagpunta sa mataong lugar, paghalik, pagyakap at pagkamay sa tao.
5. Kung nagkaroon ng kontak sa kumpirmadong kaso, manatili sa bahay at obserbahan ang sarili sa loob ng 10 araw.
6. Kung magkaroon ng sintomas ng flu, agad na komunsulta sa doctor.

1. Sundin ang 1-5 na nabanggit sa taas.
2. Kung magkaroon ng sintomas ng flu, komunsulta sa doctor at magpagaling sa bahay kung malakas ang resistensya. Inumin ang iniresetang gamot.
3. Kung may mga sumusunod na kundisyon, agad na komunsulta sa doctor:
 - mabilis na paglala ng influenza-like illness o anumang uri ng trangkaso
 - mga pasyenteng nangangailangan ng matinding pangangalaga tulad ng sa ICU o Intensive Care Unit
 - malalang uri ng pulmonya
 - malalang malnutrisyon (severe malnutrition)
 - may COPD (Chronic Obstructive Pulmonary Disease) o malalang sakit sa bago
 - kumplikadong sakit sa puso na nangangailangan ng pagkalinga sa ospital
 - malalang sakit sa bato na nangangailangan ng pagkalinga sa ospital
 - kumplikadong pagbubuntis
 - nagagamot laban sa kanser, organ transplant recipient at matagalang gumagamit ng steroids
 - mayroong HIV/AIDS
 - may diabetes na di mapababa ang blood sugar
4. Ang may mga sintomas lang ng flu, positibo sa Influenza A(H1N1) at taga-pag-alaga ng pasyente ang dapat lamang na magsuot ng mask.
5. Kung posible, panatilihin sa isang kuwarto ang miyembro ng pamilya na may sakit.
6. Hanggat maaari, isang miyembro lang ng pamilya ang dapat na mag-alaga sa may sakit.
7. Hugasang mabuti ang pinagkainan ng pasyente.
8. Iwasang yakapin ang mga gamit na damit, kumot, punda ng unan at sapin sa kama ng pasyente.
9. Panatilihin malinis ang bahay lalo na ang paligid ng pasyente. Gumamit ng "disinfectant" sa paglilinis.

Para sa mga Local Chief Executives

1. Makipagtulungan sa Department of Health/ Center for Health Development
2. Maglaan ng mga gamot, transportasyon at Personal Protective Equipment tulad ng gloves at masks para sa pasyente at health workers.
3. Panatilihin ang kaayusang seguridad ng lugar at mga health facilities.

1. Mahigpit na sundin ang mga nabanggit na paalala sa itaas.
2. Mag-imbak ng pagkain, gamot, at iba pang pangangailangan sa loob ng dalawang linggo.
3. Ihanda ang listahan ng mga numero ng telepono ng ospital, punong barangay, istasyon ng pulis, at mga kamag-anak at mga kaibigan kung sakaling hindi ka makalabas ng bahay.
4. Makipag-ugnayan sa iyong kapitbahay o kaibigan na maaari mong pakiusapan sakaling di ka makalabas.

To-DOH Alerto Laban sa FLU!





Thank you!