

# Protect and Prevent

## Pandemic influenza is everyone's problem

- 1** Look for symptoms  
Fever  $\geq 38^{\circ}\text{C}$  and a cough or breathing difficulties
- 2** Ask about travel (in the last 21 days)  
There are respiratory illnesses of concern in some countries
- 3** Report travel-associated respiratory disease to your Medical Officer of Health
- 4** Take precautions to minimise the spread of the infection
  - Use mask and gloves
  - If you require close contact, consider the use of higher level personal protective equipment (PPE)

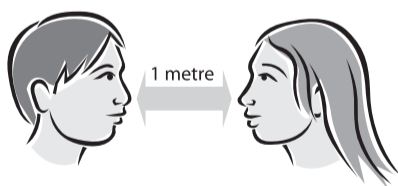
### Remember:



Rigorously and frequently wash and dry your hands with soap and warm water; or clean with an antiseptic hand gel



Ask the patient and their support people to wear a surgical mask



Maintain at least one metre separation during the consultation



Ask the patient to cough/sneeze into a tissue and then to wash their hands afterwards with soap and warm water or use an antiseptic hand gel

Use and know how to correctly fit and remove appropriate protection equipment

**Hand washing and drying is the most important measure to prevent the spread of infection**

For further information see: [www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)