

Dear member of the Dutch community in Bangladesh,

As you all know, the Influenza A (H1N1) virus has been spreading rapidly throughout the world including Bangladesh. Although the embassy does not have a direct responsibility for the health of Dutch citizens in Bangladesh, we wish to share some relevant information on the Influenza A virus.

The information below is organized in 4 parts:

- 1) How to avoid contracting the flu.
- 2) Symptoms of the flu.
- 3) Where to go to test for the flu.
- 4) Links to relevant website with background information about this flu.

1) How to avoid contracting the flu:

General advice given to avoid contracting the flu, or to enable yourself to better deal with the flu is:

- wash your hands frequently
- wash your face regularly if you spend significant time outdoors
- drink plenty of fluids
- get sufficient sleep
- eat nutritious food (vitamine C!)
- avoid close contact with people with flu-like symptoms
- avoid touching your eyes, nose or mouth to prevent germs from spreading
- cover your nose and mouth with a tissue when coughing or sneezing. Discard the tissues after use
- stay at home if you are sick

To summarize the advice above: ensure good personal hygiene, eat and drink healthy and rest enough so that your body has sufficient resistance to deal with the flu.

2) Symptoms of the flu are:

- High fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue

These are the most common symptoms. For more information on the flu and its symptoms, please refer to the links under point 4.

3) In Dhaka, not all hospitals offer testing facilities for the Influenza A virus.

The following hospitals, however, have confirmed that testing facilities are available:

- Swine flu unit at ICDDR. Phone number 8860523-32 extn # 2365. Dr Azharul Islam Khan is available only for swine flu patients. This unit can do the test, but

will first check to see if the patient has all symptoms of the flu.

- Dhaka Medical Hospital, Old Dhaka
- Infectious Diseases Hospital, Mohakali
- Chest Diseases Hospital, Mohakali

The Embassy cannot ensure that the testing facilities at the above mentioned hospitals will remain available at any time: Please be advised that in case the flu should start spreading very fast around in Dhaka, the capacity of these hospitals may not be sufficient to deal with all requests for testing.

4) Links to relevant website with background information about the flu:

<http://www.griepPandemie.nl/>

<http://www.rivm.nl/>

<http://lhv.artsennet.nl/huisartsenzorg/visie-aanbod/Nieuwe-Influenza-A-H1N1-4.htm>

<http://www.who.int/csr/disease/swineflu/en/index.html>

We hope to have informed you sufficiently. Please do not hesitate to contact the Embassy if you still have any questions after reading this information and checking the links above.

Kind regards,

Embassy of the Kingdom of the Netherlands
Road 90, House 49
Gulshan-2
Dhaka
Bangladesh
Tel. +880-2-88 22 715
Fax +880-2-88 23 326
Email: DHA@minbuza.nl
Website: www.netherlandsembassydhaka.org