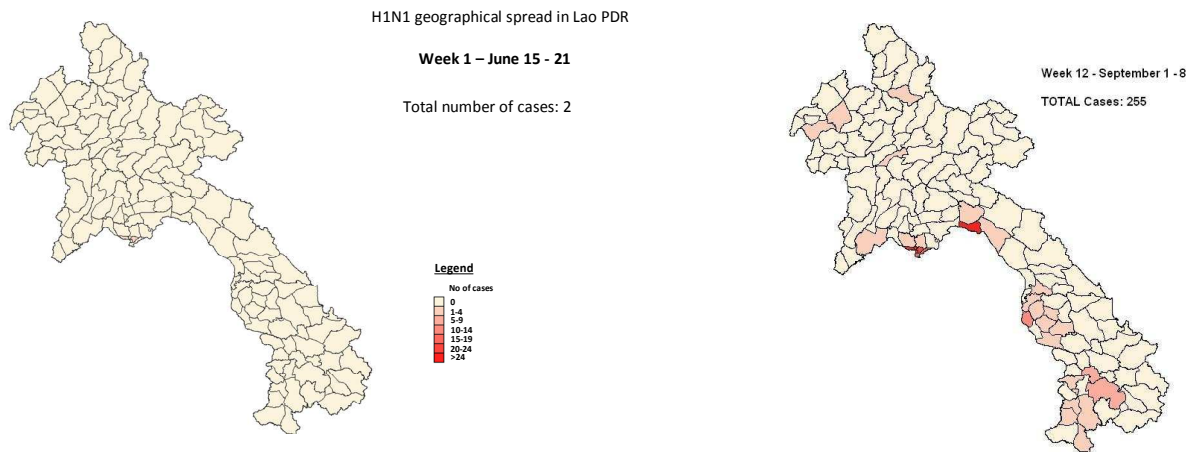


Pandemic H1N1 2009 virus
15 September 2009. Update 34
Perspective from WHO Lao PDR

Situation Update in Lao PDR

- **Number of WHO-confirmed cases:** 255 (2 deaths)
- **Provinces affected:** Bokeo, Bolikhamxay, Champasack, Khammouane, Luang Prabang, Luang Namtha, Phongsaly, Saravane, Savannakhet, Vientiane and Vientiane Capital.



Regional Update (countries bordering Lao PDR)

- **Cambodia:** 46 cases
- **China:** 20,766 cases (13 deaths)
- **Myanmar:** 33 cases
- **Thailand:** 19,068 cases (142 deaths)
- **Vietnam:** 2931 cases (2 deaths)

For information about Pandemic H1N1 2009 worldwide, please visit the WHO International website: www.who.int

Current issues

Campaign to minimize spread of Pandemic H1N1 during festivals begins

The Information, Education and Communication (IEC) Task Force and the National Emerging and Infectious Disease Coordinating Office (NEIDCO) are developing activities designed to help prevent the spread of the Pandemic H1N1 virus during upcoming festivals, such as the Boat Racing Festival in October and That Luang in November. The goal of the activities is to remind people that the H1N1 virus is circulating in Lao PDR and that precautions to avoid becoming infected are advised. Each person can help prevent H1N1 by washing hands often, covering coughs and sneezes and staying home when ill.

Know when it's time to see a doctor

The Pandemic H1N1 virus has become widespread in Laos. If you have flu-like symptoms, which may include a fever, cough, sore throat, headache and bodyaches, you should suspect H1N1. There is no need for testing, but if any of the following symptoms occur, seek medical care right away:

- Difficulty breathing
- Fever lasting more than 3 days
- Condition improves and then gets worse

Parents should watch for the following danger signs in their children:

- Fast, strained or laboured breathing
- Fever lasting more than 3 days
- Convulsions, dehydration, abnormal lethargy
- Condition improves and then gets worse

In addition, those who are at high risk for severe illness from Pandemic H1N1 should see a doctor if they develop any symptoms of the flu. Those at higher risk include persons with the following conditions:

- Cardiac disease, diabetes mellitus, chronic metabolic diseases, chronic renal diseases, chronic neurological conditions
- Haemoglobinopathies (genetically inherited disorders of red blood cell haemoglobin including sickle cell disease and the thalassaemias.)
- Immunosuppression (including from cancers, HIV/AIDS infection, drugs)

The following people are also at risk:

- Pregnant women, particularly in second and third trimesters.
- Persons with morbid obesity.

Where to get more information

UN Lao website: www.unlao.org

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

US CDC: http://www.cdc.gov/swineflu/?s_cid=swineFlu_outbreak_internal_001

France: http://www.invs.sante.fr/derniere_minute/default.asp

For technical queries:

Contact the World Health Organization—Lao PDR, Communications Officer, Cathy Cochrane, email cochranec@wpro.who.int, phone 021 353902-4

For general medical queries from UN staff ONLY:

Contact the UN Dispensary, Ivy Caballes, email ivy.caballes@undp.org, office phone 021 267 789. ***Embassy staff should contact their normal clinic.***
