

**A man sneezing into a tissue: understanding H1N1 avian flu in Kenya.
Colour lithograph by Ministry of Public Health and Sanitation, ca. 2006.**

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A close-up photograph of a man with dark skin, wearing a white shirt with red and blue horizontal stripes. He is coughing into his right elbow, which is held up to his face. The background is a plain, light-colored wall.

KUELEWA HOMA YA H1N1

Homa ya H1N1 imetokea hivi majuzi na ni mchanganyiko wa virusi vya Homa ya Ndege, Homa ya Nguruwe na Homa ya Binadamu. **Ni maambukizo ya mapafu yanayosababishwa na virusi.** Virusi hivi husababisha magonjwa yanayoambukizwa kutoka kwa binadamu hadi kwa binadamu.

Njia 4 za kujikinga kutokana na homa ya H1N1:

- 1. Nawa mikono mara kwa mara** ili kujikinga kutokana na viini vya magonjwa
- 2. Funika mdomo na pua** wakati unapokohoa au kuchemua
- 3. Jiepushe na kugusa macho, pua au mdomo** ili kuzuia kuenea kwa viini vya magonjwa
- 4. Jiepushe kugusana wa wagonjwa** walio na dalili za homa

Kaa chonjo. Jikinge. Piga ripoti.