



**JOINT PRESS RELEASE BETWEEN THE MINISTRY OF HEALTH,  
KINGDOM OF CAMBODIA AND  
THE WORLD HEALTH ORGANIZATION (WHO)**



Press release 07 October 2009

**Ministry advises “at risk” groups to be vigilant  
as Pandemic H1N1 influenza related deaths rise to three in Cambodia**

The Ministry of Health of the Kingdom of Cambodia regrettably informs the public that two further Cambodian citizens have died from complications of Pandemic H1N1 Influenza bringing the total number of deaths in Cambodia to three.

A 47 year old male from Phnom Penh, developed signs and symptoms of flu on Saturday, 19 September 2009 and sought medical attention at a private clinic on Monday, 28 September 2009. He was later admitted to Calmette Hospital on Friday, 2 October 2009, where he received immediate treatment. He was diagnosed as having pandemic H1N1 influenza virus on Saturday, 3 October 2009 and died of pneumonia complications on Monday, 5 October 2009. Investigations are ongoing to identify particular risk factors, such as underlying medical conditions, which may have predisposed the man to develop a more severe form of the Pandemic Influenza H1N1 disease.

A 25 year old pregnant woman from Phnom Penh, developed signs and symptoms of flu on Wednesday, 23 September and sought medical attention at a private maternity clinic in Phnom Penh. On Monday, 28 September 2009 she was admitted to the same private clinic with fever and difficulty breathing and was transferred the following day, Tuesday 29 September 2009, to Calmette Hospital. She was diagnosed as having pandemic H1N1 influenza on Wednesday, 30 September 2009.

Doctors at Calmette Hospital succeeded in saving the baby’s life by performing an emergency caesarean section on Sunday 4 October 2009 when the woman’s condition significantly deteriorated. The woman subsequently died of pneumonia complications on Tuesday, 6 October 2009 after intensive efforts to treat her. Being pregnant, this woman was in the higher risk group of developing severe complications from the Pandemic H1N1 influenza virus.

*“For the majority of patients, H1N1 influenza will be a mild disease and they will recover without the need for medical treatment. But for people in the high-risk category this disease can be very serious. Anyone who gets influenza and has underlying health conditions such as: asthma, diabetes, heart, liver or kidney disease, HIV/AIDS and TB or is pregnant, must visit their doctor as soon as possible, particularly if they develop difficulty breathing”* said HE Mam Bun Heng, Minister of Health

**In accordance with the Royal Government’s National Pandemic Plan, the MoH requests that all private clinicians treating influenza patients that fall within these high-risk categories to immediately contact the MoH 115 Hotline for patient assessment by the MoH and possible referral to a designated hospital.**

As of 2 October 2009, there have been 120 laboratory confirmed cases of Pandemic H1N1 influenza in Cambodia with local transmission occurring in the following eight provinces/municipality: Phnom Penh, Kandal, Takeo, Kampong Speu, Siem Reap, Battambang, Kampong Chhnang and Svay Rieng.



As of 27 September 2009 there have been more than 340,000 laboratory confirmed cases of pandemic H1N1 influenza reported globally in 191 countries with 4100 deaths worldwide being attributed to the disease. Taking into account that Cambodia as with other countries is encouraging those with mild disease to stay at home and treat themselves, it is expected that the official number of cases reported will not reflect the full extent of the disease in the country.

The Ministry of Health continues to remind members of the public to stay at home and avoid crowded places if they develop mild flu-like symptoms (fever above 38 °C, cough, sore throat, headache, muscle aches, lethargy). Only severe cases of Pandemic H1N1 Influenza will be hospitalised.

The MoH continues to monitor the situation closely and is working collaboratively with other ministries, agencies and development partners for effective coordination of activities to ensure public health and safety. Measures include continued entry screening at all international airports and border crossings, enhancement of hospital capacity and ongoing public education campaigns particularly in relation to public mass gatherings,

The Ministry of Health will continue to keep the public informed of developments via the MoH website [www.cdcmoh.gov.kh](http://www.cdcmoh.gov.kh).

Public Health Advice:

**How to recognize influenza and what to do about It :**

**The symptoms of Pandemic H1N1 2009** influenza are much the same as seasonal influenza and include: high fever above 38 °C, coughing, sore throat, headache, muscle aches, lethargy. Infection can transmit from one day before symptoms appear up to 7 days after onset.

**Treatment is the same as for regular seasonal influenza** and includes: drinking lots of liquids, rest and use paracetamol to reduce the temperature and muscle ache.

Most cases do not require antiviral medication. There is currently no vaccine available for Pandemic H1N1 2009 in Cambodia and it is unlikely that a vaccine will become widely available for some time.

**Protect yourself and your family:**

The most effective way to prevent the spread of Pandemic H1N1 2009 virus is to practice good basic personal hygiene at all times:

- Cover mouth and nose with a tissue when coughing or sneezing and dispose of tissue in a bin;
- Wash hands regularly with soap and water (especially after coughing, sneezing and before eating);
- Do not spit in public

For more information please call the Influenza Hotline numbers:

**115 (free call); 012 488 981 or 089 669 567**

Or contact:

**Ministry of Health**

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