

BATTLING THE DEADLY VIRUS

WHO IS PARTICULARLY AT RISK?



Elderly

Young children



Pregnant women

Those suffering from chronic health conditions or immunodeficiency are also prone to the infection

WHAT TO DO

No testing needed

No Tamiflu needed
Take rest, do not mix with public and vulnerable people

No Testing needed

Home isolation

H1N1 testing needed
Hospitalisation and treatment under doctor's supervision

BE RESPONSIBLE

If you are a suspected case, follow these health ministry recommendations:

➤ Isolate yourself in a well-ventilated room at hour house

➤ Wear a mask. A three-layered surgical mask provides over 60% safety while a medical mask is 98% effective



➤ Do not smoke

➤ If contact with others is inevitable, maintain distance of at least a metre

➤ Wash hands frequently

➤ Self monitor health and report to identified health facility in case the symptoms worsen

➤ Take only prescribed medicines



➤ Contact surfaces should be disinfected by wiping with sodium hypochlorite (household bleach) solution

➤ Masks, tissue papers should be disposed of in closed dustbins or burnt

➤ Utensils used by the suspect should not be shared



WARNING SIGNS

IN CHILDREN

- Fast or troubled breathing
- Bluish skin
- Not drinking or eating enough
- Not interacting
- Irritability
- Flu-like symptoms that improve over time but then return with fever and worse cough



Fever with a rash

Source: UP Health Minister Office

IN ADULTS

- Difficulty in breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

