

H1N1 HEALTH ADVISORY



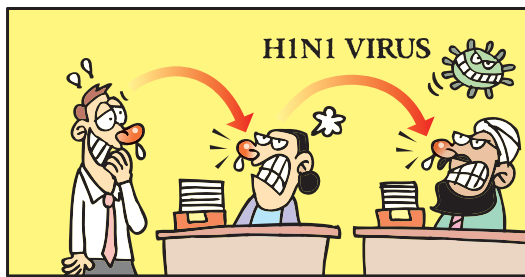
FOR PATIENTS



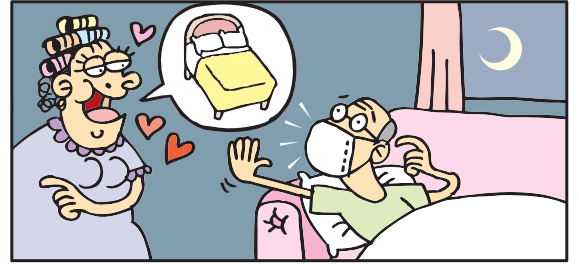
IF YOU ARE UNWELL WITH AN INFLUENZA-LIKE ILLNESS:



- Visit the nearest Pandemic Preparedness Clinic (PPC), polyclinic or your regular primary care doctor for early treatment.
- Wear a surgical mask on your way to the clinic and on your way home to prevent the spread of Influenza A (H1N1) to others.
- Stay at home and rest.



- Do not return to work or school before your medical leave ends.



- Keep yourself in a room separate from the common areas of the house, use a separate toilet and avoid having meals with others.



- Minimise physical contact. **Maintain at least 2 metres between you and others.**
- Avoid attending large meetings or visiting crowded places.
- Avoid taking public transport and refrain from air travel if possible.

FOR CAREGIVERS AND CONTACTS



IF YOU ARE A CAREGIVER:



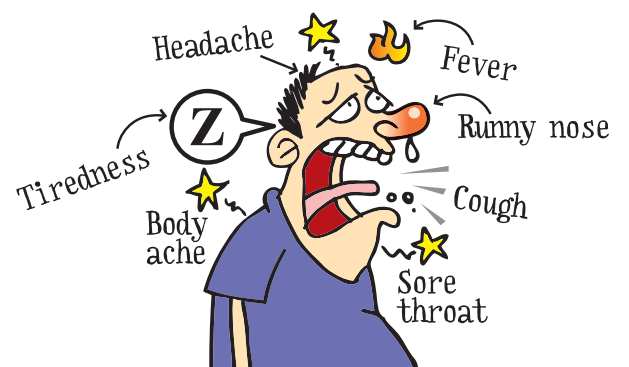
- Have only **ONE** caregiver for the ill person. Avoid being a caregiver if you belong to a high-risk group.
- Wear a surgical mask when attending to the ill person.
- Wash hands with soap and water (or an alcohol-based hand rub) after touching the ill person, their used tissues or laundry.
- Wash or wipe surfaces soiled with sputum, phlegm, nasal discharge or vomit with 1:50 diluted household bleach (1 part bleach to 50 parts water). Metallic surfaces can be cleaned with 70% alcohol.
- Bed sheets, towels, eating utensils and dishes used by the infected person do not need to be washed separately, but they should not be shared without washing thoroughly first.

ARE YOU A CONTACT?

Close contact with someone with Influenza-like illness (ILI) may expose you to the Influenza A (H1N1) virus. The infected person is infectious 24 hours before symptoms appear and continues throughout the period that he/she is ill.

IF EITHER YOU OR YOUR CHILD IS A CONTACT:

Watch out for these flu-like symptoms:



- Do **NOT** give aspirin to children or teenagers who have the flu. This can cause a rare but serious illness called the Reye's syndrome.



995



EMERGENCY WARNING SIGNS

CALL 995 IMMEDIATELY FOR AN AMBULANCE IF YOU OR THE PERSON UNDER YOUR CARE EXPERIENCES THESE SYMPTOMS:

FOR ADULTS



Breathlessness or chest pain



Purple or blue discolouration of the lips



Severe and persistent vomiting



Signs of dehydration such as dizziness when standing and absence of urination



Seizures (fits)



Being less responsive than normal, drowsy or confused

FOR CHILDREN

All the warning signs listed, plus



Lack of tears when crying



Poor feeding



MINISTRY OF HEALTH
SINGAPORE

For more information, please call the Ministry of Health Hotline at 1800 333 9999, visit www.moh.gov.sg or www.hpb.gov.sg

