

H1N1 Flu Virus Alertness

Symptoms to watch:

- Fever followed by body aches, head-ache and fatigue,
- Persistent cough,
- Running or stuffy nose, which may be accompanied by sneezing or sore throat.

Recommendations:

- Avoid close contact with persons having the above symptoms,
- Wash your hands thoroughly and frequently with soap and water or alcohol-based hand cleaners after touching surfaces which may be contaminated with germs,
- Avoid touching your eyes, nose or mouth to prevent spread of the germs,
- Avoid crowds.

If any person is having the above symptoms, he/she should take the following steps immediately:

- Attend the nearest medical institution (hospital, dispensary, health center)/consult a medical practitioner,
- Follow closely the advice of the medical practitioner,
- Cover his/her nose and mouth with a tissue while coughing or sneezing and throw the tissue in the bin after use,
- Limit contact with others to keep from infecting them,
- Wash his/her hands thoroughly and frequently with soap and water or alcohol-based hand cleaners, especially after coughing or sneezing.

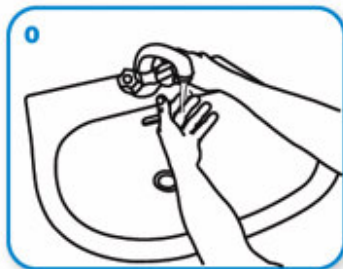
Suggestions

- Alcohol-based hand cleaners in toilets and kitchen,
- Disinfect door handles regularly during the day,
- Instructions on "how to wash hands" in respective toilets.

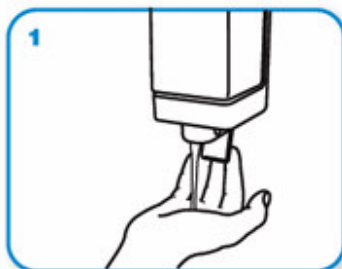
NB: Please keep aircon on "cool". This prevents bacteria/viruses to hibernate and spread.

How do I wash my hands properly?

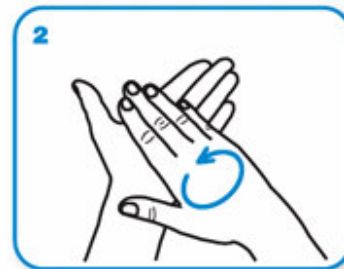
Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



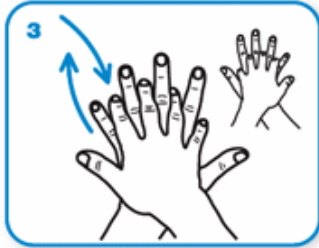
Wet hands with water



apply enough soap to cover all hand surfaces.



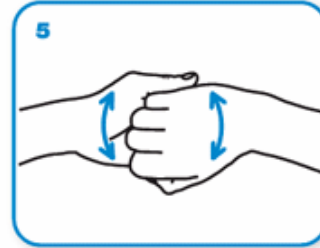
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



palm to palm with fingers
interlaced



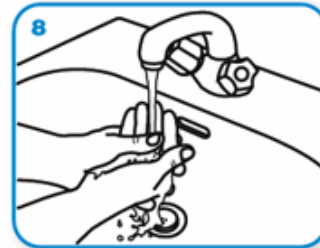
backs of fingers to opposing
palms with fingers interlocked



rotational rubbing of left thumb
clasped in right palm
and vice versa



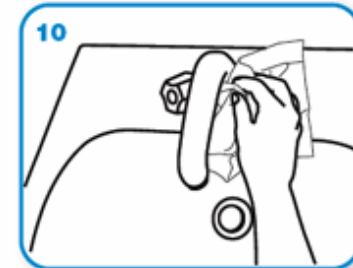
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.