



**ADVISORY FOR
PATIENTS**



When you are unwell with Influenza-like illness (ILI), practise the following:

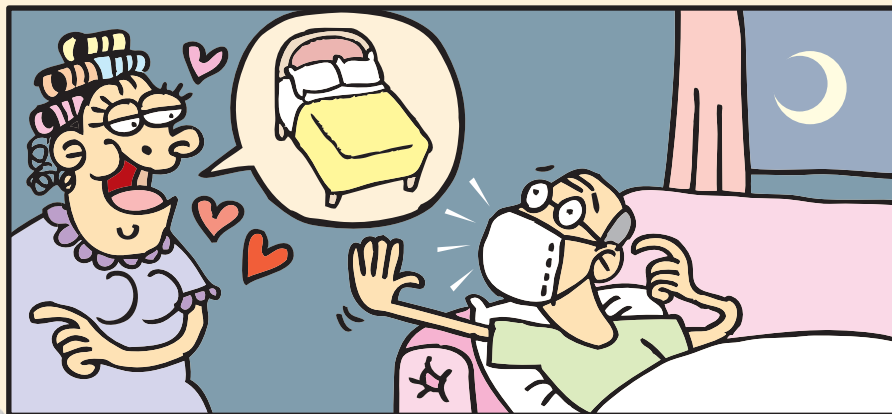
BE SOCIALLY RESPONSIBLE

Stay at home and rest. Drink plenty of clear fluids like water and clear soups to prevent dehydration.



Minimise physical contact with others including household members.

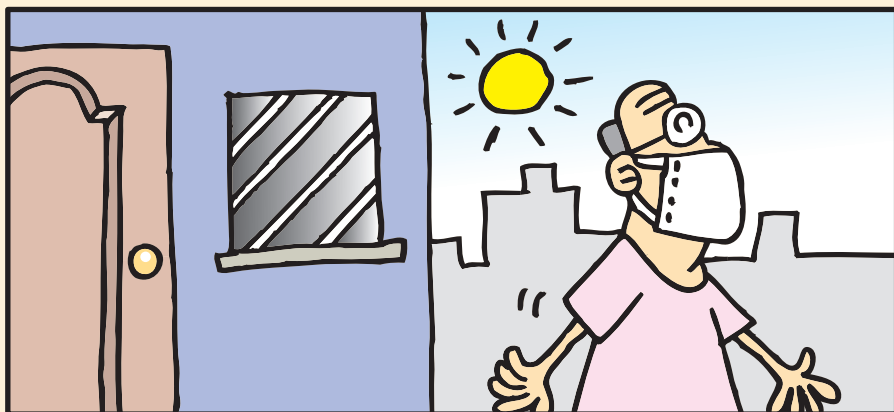
Keep yourself in a room separate from the common areas of the house, use a separate toilet and avoid having meals with others.



Wear a mask even when at home to avoid transmission to household members. Dispose your used mask in a plastic bag, tie it up and throw it into a covered rubbish bin. Wash your hands thoroughly after disposal of the used mask.



If you need to go out, wear a surgical mask.

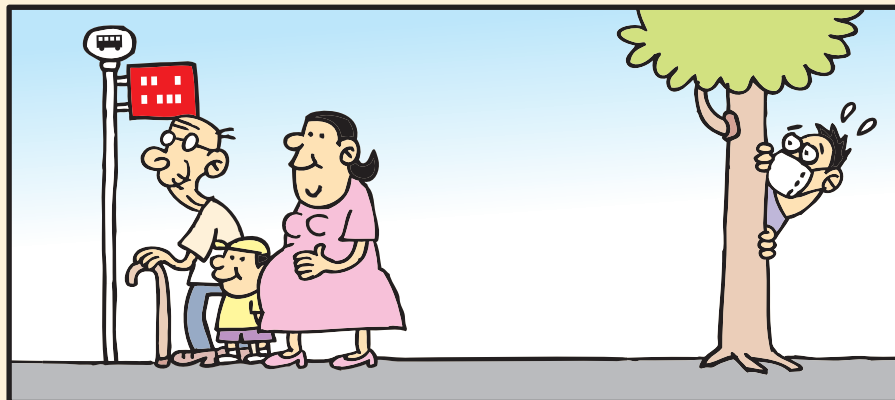


In addition, you should also:



- Avoid close contact with other people.
- Avoid taking public transport.
- Avoid attending large meetings or visiting crowded places.
- Refrain from air travel if possible.

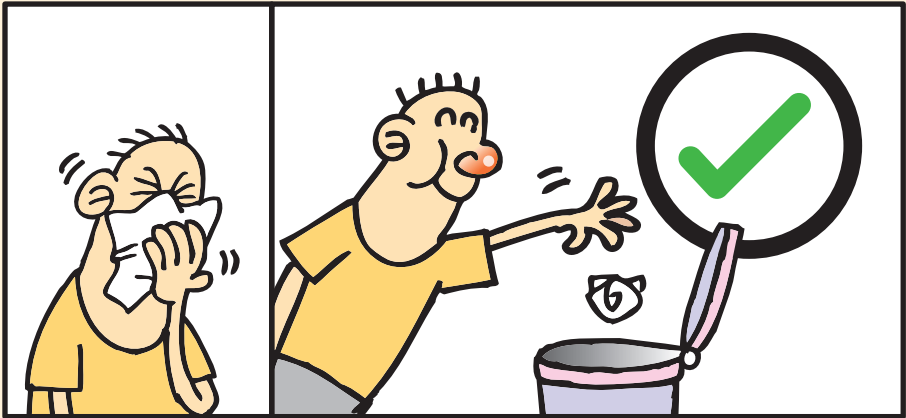
Special care should be taken to avoid the following groups of persons who are at high risk of developing Influenza-related complications:



- Children < 5 years
- Pregnant women
- Have underlying medical conditions such as asthma, chronic lung disease, heart disease, diabetes or kidney disease
- On dialysis
- On immunosuppressants
- Undergoing cancer treatment
- On long-term aspirin therapy
- Persons aged 65 years and older

OBSERVE GOOD PERSONAL HYGIENE

- Cover your mouth and nose with tissue paper when coughing or sneezing. Dispose the used tissue paper in the rubbish bin properly.

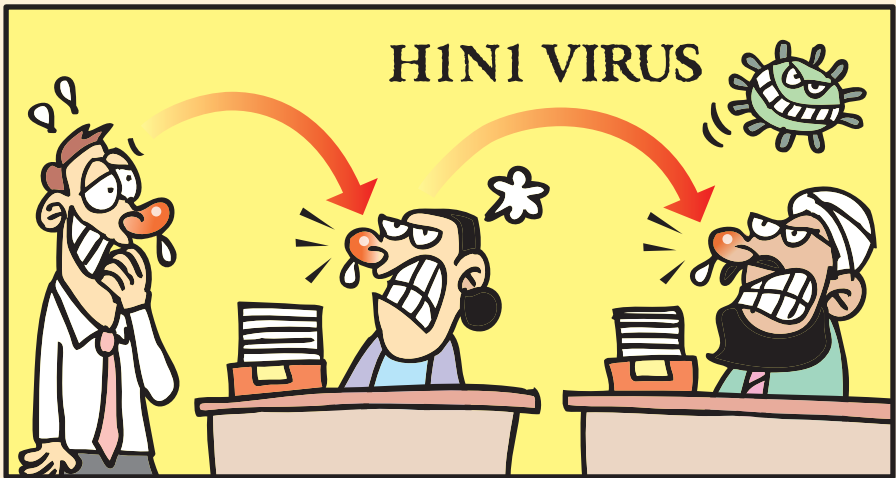


- Wash your hands every time you touch your nose, mouth or eyes.



- Maintain good indoor ventilation.
- Wash/wipe surfaces soiled with sputum, phlegm, nose discharge or vomit with 1:50 diluted household bleach (i.e. adding 1 part of bleach to 50 parts of water) immediately. Metallic surfaces can be cleaned with 70% alcohol.
- If you need to come into close contact with anyone, both you and the uninfected person should wear surgical masks and maintain a distance of at least two metres from each other.

- If you have been given medical leave, **do not return to work or school before the end of the leave period.**



EMERGENCY WARNING SIGNS IN 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

EMERGENCY WARNING SIGNS IN CHILDREN

All the warning signs listed above, plus

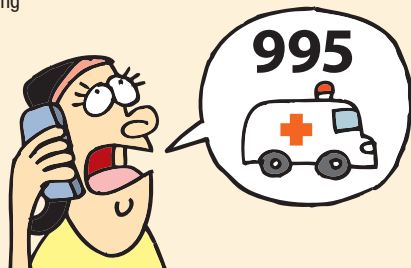


Lack of tears when crying



Poor feeding

Monitor your condition. If your symptoms worsen and you develop any of the above emergency warning signs, **call 995** immediately for an ambulance to transport you to the nearest hospital for treatment:



For more information, please call HealthLine at 1800 223 1313, visit www.moh.gov.sg or www.hpb.gov.sg



MINISTRY OF HEALTH
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