

# H1N1 STATUS

Alert level: **Yellow**



New cases:

**50**

Total cases:

**365**

## DO NOT TRAVEL TO THESE COUNTRIES

- Australia
- Argentina
- Canada
- Chile
- Dominican Republic
- Hong Kong
- Indonesia
- Japan
- Mexico
- Panama
- Philippines
- Spain
- Thailand
- United States
- United Kingdom

### If you've returned from these countries:

- monitor your health for seven days
- keep a record of where you go and who you have contact with
- call 993 if you develop any of these symptoms: fever, sore throat, cough, body aches, runny nose, headache or tiredness.

### From Monday, schools will:

- check temperature twice daily.
- suspend assemblies, stagger recess times and scale down co-curricular activities.
- hold classes on hygiene and H1N1.
- screen visitors for fever.
- alert parents to take home students who have fever but have not been to affected areas.
- send students who have fever and have been to affected areas to hospital.

### Army camps will:

- conduct daily temperature checks
- stagger in-camp training and meal-times in event of an infection

### Who's high risk:

- Diabetics
- Obese
- Elderly
- Pregnant women
- Asthmatics
- People with chronic lung, heart, liver or renal diseases
- People undergoing radio- or chemo-therapy
- People taking steroids

### What they should do:

- Wear masks.
- Go to their own doctors or specialists if they suspect they have H1N1.

### Tip of the day:

*Use a tissue or your elbow when you sneeze, not your hand.*

