

+ YOUR H1N1 FLU SURVIVAL GUIDE +

18 people here have been infected by the H1N1 virus. Cheryl Lim offers some prevention tips

ALL it takes is one mutation to make the H1N1 virus resistant to viral inhibitors like Tamiflu, researchers found.

A team from the Singapore-MIT Alliance for Research and Technology and the Massachusetts Institute of Technology found that individuals are likely not protected from infection even though they have existing proteins that protect humans from infection.

The findings came about after the team found genetic differences between the 2009 H1N1 flu strain and the previously circulating H1N1 strain.

Presently, there is no vaccine to prevent one from catching the virus.

MYTHS ABOUT THE VIRUS:

❑ Your seasonal flu vaccination protects you from the H1N1 flu. There is no vaccine to prevent one from catching the H1N1 virus.

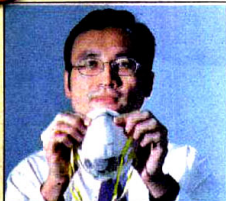
❑ Consuming pork products makes you vulnerable to the H1N1 flu. As long as the pork products are handled and cooked properly, most of the bacteria and viruses, including the H1N1, will be killed.

❑ You have H1N1 if you have any flu symptom. This is unlikely, but if you have severe flu symptoms or a shortness of breath, see a doctor to be sure.

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HOW TO WEAR AN N95 MASK

Dr Adam Patrick from Parkway Shenton Medical Group shows you the steps



STEP 1 Hold the mask in front of you with both hands and slightly bend the metal bridge in front



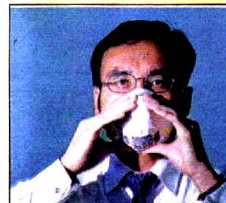
STEP 2 Cup the mask firmly over your nose and mouth. Your index and middle fingers should clasp the metal bridge



STEP 3 Slide the lower strap over your head with one hand. Keep the other hand on the mask



STEP 4 Slide the other strap over your head. It should go above the first strap



STEP 5 Hold the mask firmly to mould it on your face with both hands.



STEP 6 No air should come out of the sides of the mask when you breathe.

2 WASH YOUR HANDS PROPERLY

Wash hands thoroughly with soap and water. Wet hands with running water. Apply soap, and lather thoroughly.

STEP 1
Rub palms together



STEP 4
Interlock fingers and rub the back of fingers of both hands

STEP 2
Rub the back of both hands



STEP 5
Rub thumb in rotating manner, then the area between index finger and thumb

STEP 3
Interlace fingers and rub hands together



— Frequently missed during hand washing
— Less frequently missed
— Not missed

3

TRAVEL WITH CARE

AVOID NON-ESSENTIAL TRAVEL TO H1N1-AFFECTED AREAS:

Mexico, USA, Canada, Melbourne and the state of Victoria in Australia, Kobe and Osaka in Japan, and Chile

IF YOU HAVE NO CHOICE BUT TO TRAVEL, HERE'S WHAT YOU CAN DO

- Keep high standard of personal hygiene at all times
- If you fall ill, see a doctor as soon as possible
- Avoid travelling until you are certified fit

IF YOU ARE TRAVELLING FROM AN AFFECTED AREA, YOU SHOULD

- Monitor your temperature daily
- Check for symptoms like high fever (above 38 deg C), sore throat, cough, body aches, runny nose, headaches and tiredness
- Monitor your health for seven days