NOTICE TO ALL STAFF AND STUDENTS

Influenza A (H1N1)

In view of the worsening scenario in the country and the escalating confirmed number of Influenza A (H1N1) cases in the country, we must all play our part to curb the spread of the virus.

Staff and students with influenza-like illnesses (ILI) must seek immediate medical attention and practise self-quarantine. Those in the high-risk group are advised to wear masks.

The onus is on all staff and students to take responsible measures in combating the spread of the A (H1N1) virus. Don’t leave your home if you are sick and refrain from going to public places unless necessary. Wear a surgical mask, practise cough etiquette and good hand hygiene at all times. Keep abreast with the current situation in the country and be armed with new knowledge on preventive measures.

Your cooperation and understanding is most appreciated in the interest of the Tunku Abdul Rahman College community.

Thank you.

TAR COLLEGE MANAGEMENT

*Please see overleaf for more information.

PHL/ksl
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HIGH-RISK GROUP

Those in the high-risk group with symptoms of the influenza-like illnesses (ILI) should get assessed immediately (preferably within two days of onset of the ILI) by ANY doctor either in a government or private hospital/clinic. The ILI is defined as a sudden onset of fever with temperature > 38°C, cough and sore throat, in the absence of other diagnosis.

Those considered to be in the high-risk group category include:

- Children younger than five years old
- Persons aged 65 years and older
- Children and adolescents (<18 years) on long-term aspirin therapy
- Pregnant women
- Adults and children with asthma, chronic obstructive pulmonary disease, organ failure, obesity, cardiovascular disease and hepatic, haematological, neurologic, neuro muscular or metabolic disorders such as Diabetes Mellitus
- Adults and children who suffer from immuno deficiency disorders
- Residents of nursing homes and other chronic care facilities

CARE AT HOME

If you have influenza-like illnesses (ILI), practise self-quarantine at home.

- Get adequate rest. Bed rest makes you better.
- Drink plenty of fluids (such as water, broth, sports drink, juice, soup) to avoid dehydration.
- Maintain good ventilation in shared household areas (e.g., keeping windows open in restrooms, kitchen, bathroom, etc.).
- Be watchful of emergency warning signs (refer to home monitoring tool*) that will indicate when you need to seek medical attention. Seek treatment from ANY doctor either in a government or private hospital/clinic.

HOME MONITORING TOOL – SIGNS & SYMPTOMS OF MODERATE TO SEVERE INFLUENZA

- Respiratory difficulty: Shortness of breath, rapid breathing or purple or blue discolouration of lips.
- Coughing out blood or blood-streaked sputum.
- Persistent chest pains.
- Persistent diarrhoea and/ or vomiting.
- Fever persisting beyond three days or recurring after three days.
- Abnormal behaviour, confusion, less responsive, convulsion.
- Dizziness when standing and/ or reduced urine production.