



Points to note:

- ✓ The number of cases is increasing.
- ✓ The virus can mutate.
- ✓ It can become deadly.
- ✓ We need to slow down its spread within the community.
- ✓ We need to act responsibly.



CURRICULUM PLANNING &
DEVELOPMENT DIVISION



Ministry of Education
SINGAPORE

© Copyright (2009)
Ministry of Education, Singapore.

All rights reserved.
To be used in schools and for educational
purposes only.
Not for commercial use

H1N1

Do my part and
be the responsible **one**.



Personal Health

What are the symptoms of H1N1?

- ✓ Fever (at or above 37.6°C)
- ✓ Cough
- ✓ Runny nose
- ✓ Sore throat
- ✓ Body ache
- ✓ Headache
- ✓ Tiredness

It is important that I do not hide any of these flu-like symptoms.

Feeling unwell?

This is what I must do...

- ✓ Inform my parents and seek medical help.
- ✓ Avoid self-medication.
- ✓ Stay at home until I am well.
- ✓ Continue to monitor my health, even if I am well.

Personal Hygiene

What do I need to take note of?

- ✓ Practise good personal hygiene at all times.
- ✓ Wash hands thoroughly with soap and water.
- ✓ Cough or sneeze into a tissue and dispose of it appropriately.
- ✓ Do not share personal items like towels and handkerchiefs.
- ✓ Wear a mask when having flu or common cold.
- ✓ Use serving spoons when sharing food.
- ✓ Do not spit.



H1N1

Do my part and
be the responsible **one**.



Social Responsibility

What should I do daily?

- ✓ Monitor my health.
- ✓ If unwell, seek medical help and stay at home.
- ✓ Rest well and build up immunity.
- ✓ Keep the environment clean.

What else should I do?

- ✓ Declare my travel history honestly.
- ✓ Be a friend. Do not blame or make others feel guilty.

Social Distancing

What's that?

- ✓ It is the space kept between people during disease outbreaks.
- ✓ This is practised in order to slow down the spread of infection in the community.

What should I do?

- ✓ Keep a distance (1 metre) when talking with people, if possible.
- ✓ Be friendly but avoid physical contact.
- ✓ Avoid or cancel unnecessary gatherings.
- ✓ Avoid visiting crowded places.
- ✓ Minimise sharing of personal items.
- ✓ Minimise use of public facilities.