

CARE FOR **H1N1** PATIENT AT HOME



Visit your nearest health centre if you have the following symptoms:

- Shortness of breath
- Chest pain
- A lot of vomiting
- Very weak
- Fever
- Pale or blue lips
- Drowsiness



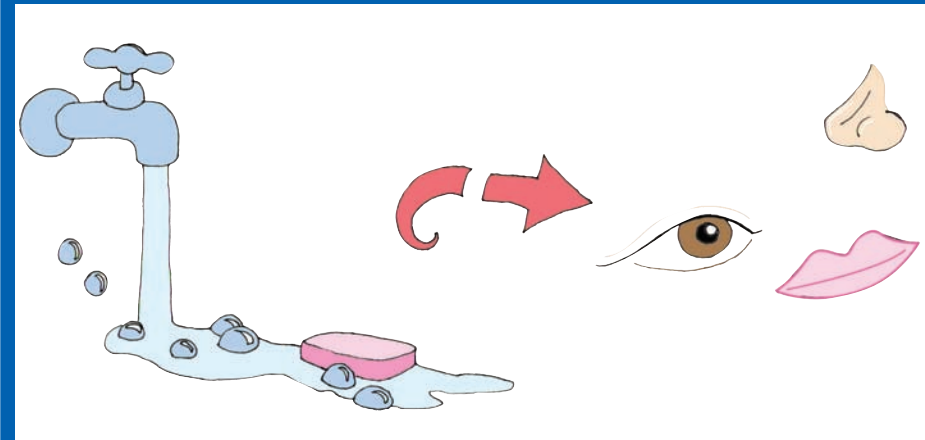
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नेपाल सरकार
स्वास्थ्य तथा जनसंख्या विभाग

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Wash



If you contact a sick person, do not touch your eyes, nose or mouth. Immediately wash your hands with soap and water. All family members must wash hands with soap frequently.

Wear



Wear surgical mask and replace it if it becomes damaged or dirty. Never use the same mask for more than one day.

Isolate



Keep the sick person in a separate room. Keep family members especially children and pregnant women away from the sick person and do not sleep in the same room.

Care



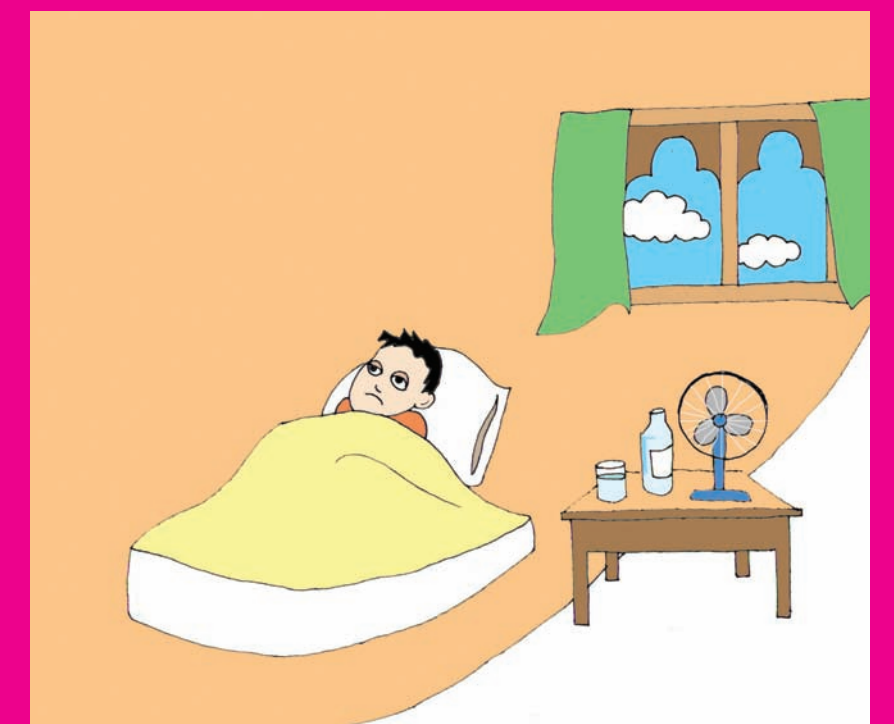
Only one person should care for the sick. This reduces the risk of others contacting H1N1 virus.

Handling



Have separate eating utensils for the sick person. Thoroughly wash utensils and clothes used by the sick person.

Fresh Air



Keep rooms well ventilated by opening windows and doors.