

# HEALTH ALERT CARD



## HEALTH ALERT CARD FOR MONKEY POX

**Keep this card during your stay. Monitor yourself and look out for the following symptoms:**

1. Fever ( $>38^{\circ}\text{C}$ )
2. Headache
3. Myalgia (muscle pain and body ache)
4. Severe back pain
5. Profound weakness and fatigue
6. Lymph node swelling
7. Body rash (face, mouth, body or anogenital regions)

**At all times, please observe the following:**

1. If having cough or runny nose, use a face mask at all times. Cover your mouth while coughing and throw used tissues into the dustbin. Wash your hands with soap and water or use a hand sanitizer after coughing or sneezing. **Avoid 3 C's; Crowded** areas, **Confined** spaces (like elevators), **Close conversations**. **Practice 3 W's; Wash** hands, **Wear** a mask, **Warn** others.
2. Practice good cough etiquette.
3. Use a face mask at all times especially in the presence of people and avoid crowded areas.
3. Maintain good personal hygiene and cleanliness.

**Attention to the Attending Doctor:**

The person who is presenting this Health Alert Card to you has been **exposed to case of Mpox / COVID-19 positive / H1N1 positive**. If the person presents with high fever  $>38^{\circ}\text{C}$ , has pneumonia features, or severe respiratory tract infection with breathlessness, lymphadenopathy, large rashes over the body, signs of meningitis, please refer him/her **IMMEDIATELY** to the nearest hospital.

**Contact Numbers in USM:**

IMTGT: **013-3963939 (Mr. Nas)**

Action Room (Bilik Gerakan) Pusat Sejahtera: **6012 643 4948 / 604 653 4943**

Nerve Center USM: **604 653 6771 / 604 653 6124**