

7 Tips to Ease Flu Symptoms

1. **Get plenty of rest-** Curl up on the couch and spend some time reading, watching DVDs, or just cat-napping while your body battles the virus.
2. **Drink plenty of fluids-** Make sure you get more liquids. It doesn't all have to be water. Fruit juices, drinks and pepper soup also count. They keep your respiratory system hydrated and turn that nasty, thick mucus into a thin liquid you can cough up and spit out. If it builds up in your lungs it could lead to an infection.
3. **Treat aches and fever-** Treat it and the aches that come with it with over-the-counter medication. Ask your doctor which is right for you.
4. **Take care of your cough-** Try an expectorants, which turns mucus into liquid so you can cough it up.
5. **Breathe in steam-** Fill the bathroom sink with hot water. Add 1 teaspoon of menthol rub and breathe in the steam for several minutes until you feel better. You can also add a few drops of menthol or eucalyptus oil. They can open your airways, ease congestion, and make it easier to breathe.
6. **Sit in a steamy bathroom-** If you're still stuffed up, sit in the bathroom with the door closed. Let the shower run hot until the room fills with moist steam. Sit away from the water to avoid burns.
7. **use the humidifier-** If the air in your house is dry, a mist humidifier or vaporizer can moisten it to ease congestion and coughs.

Quote Of The Week

" There is no substitute for hardwork"

- Thomas A. Edison

Reps Queries CBN on Rejection of NIN Slip

The Speaker, House of Representatives Honourable Yakubu Dogara, has mandated the Committee on Banking and Currency to interact with the Central Bank of Nigeria (CBN) and other stakeholders on the need to recognize and accept the National Identification Number (NIN) as a statutory means of identification for any transaction.

This was as a result of the unanimous adoption of a motion raised by Hon. Ahmed Yerima (Bauchi, APC), titled: Need for the Central Bank of Nigeria and Other Commercial Banks to recognize and accept the National Identification Number (NIN) as a valid means of identification.

The Apex bank was accused of not directing the commercial banks to accept the NIN slip which contains the NIN as a legal means of identification.

NIN, A Requirement for 2018 Hajj Pilgrims

The National Hajj Commission (NAHCON) in partnership with the National Identity Management Commission (NIMC) has made mandatory the National Identification Number (NIN) for all intending Pilgrims for the 2018 Hajj pilgrimage.

This was disclosed by the Chief Executive Officer NAHCON, Abdullahi Muhammad, when he paid a courtesy visit to the Director General, National Identity Management Commission, Engineer Aliyu Aziz.

Abdullahi highlighted that though pilgrims' data capture is a part of NAHCON's responsibility and also a mandatory requirement by the Saudi Arabian authorities, it will amount to duplication of effort and unnecessary waste of resources since NIMC already has the statutory mandate for registering citizens and issuing out NIN which holds all biodata required by the NAHCON.

In his clarification, Honourable Mojib Alabi (Osun-APC), stated that the NIN is the most important means of identification because it can be used to verify the identity of an individual upon presentation, and it is the tool used to harmonize all other data captured by other identity issuing agencies.

Also speaking, Hon. Abubakar Garba (APC), stressed that discrediting the NIN slip issued by an agency saddled with the responsibility of identifying Nigerians should not be encouraged as it would be equivalent to doubting the Legal Act that established the Commission.

The speaker, directed the committee to come up with a report within four (4) weeks for further legislative action.

Engr. Aziz acknowledged the NAHCON management for the welcome development as it is in line with having a harmonized database that will be easily accessible to agencies like the NAHCON and urged other Government Agencies to follow suit.

Staff Of The Week



The GM Operations, Abdulhamid Umar congratulating Isah Ibrahim, the best enrollment staff of the week at the commission's headquarters, Abuja.