

8 May 2009

Dear Valued Clients

## INFORMATION ALERT



**WORLD** - As of 18:00 GMT, 7 May 2009, 24 countries have officially reported 2371 cases of influenza A (H1N1) infection.

Mexico has reported 1112 laboratory confirmed human cases of infection, including 42 deaths. The United States has reported 896 laboratory confirmed human cases, including two deaths.

The following countries have reported laboratory confirmed cases with **NO** deaths - Austria (1), Canada (201), China, Hong Kong Special Administrative Region (1), Colombia (1), Costa Rica (1), Denmark (1), El Salvador (2), France (5), Germany (10), Guatemala (1), Ireland (1), Israel (6), Italy (5), Netherlands (2), New Zealand (5), Poland (1), Portugal (1), Republic of Korea (3), Spain (81), Sweden (1), Switzerland (1) and the United Kingdom (32).

South Korea on Thursday confirmed its third case of Influenza A (H1N1) a woman who had returned from North America on the same flight as Seoul's first confirmed sufferer. The second case of H1N1 was that of a fellow nun aged 44, who picked the 51-year-old, the first confirmed case, up at the airport. South Korea has stepped up its inspections of inbound travellers.



**SINGAPORE** – MOH has announced a step down for the H1N1 flu alert level. No confirmed cases were reported so far. A total of 32 cases investigated, 25 cases have tested negative for Influenza A, 4-tested positive for the usual circulating seasonal flu strains, and 3 are pending laboratory investigations.

As for the HQO update, 13 home quarantine orders have been issued so far. Travellers entering Singapore with a travel history to Mexico over the past seven days will be issued with a home quarantine order.

In today's advisory are some tips you can share with your colleagues and family on how to reduce the spread of the influenza. Prevention is better than cure, so let's all do our part to maintain good personal hygiene and adopt good social habits today.

Should you require further information or clarifications, please contact our Corporate Services Team or Account Managers for assistance.

Warmest regards,

**Dr Chng Shih Kiat**  
Deputy Medical Director  
Raffles Medical Group

## APPENDIX

### General Advice on the Influenza

#### What can I do to reduce the spread of Influenza?

To reduce or prevent spread of the Influenza is it important to maintain good personal hygiene as well as adopting good social habits.

#### Tips on how to maintain personal hygiene

Influenza virus spreads via infected droplets from coughing and sneezing and also through contact of contaminated surfaces as the virus can survive for up to 2 days on non-porous surface in cold weather. Maintaining good personal hygiene will go a long way in protecting you and your family from catching the virus. Here are some tips:

- Regular hand washing with soap and water (or the use of alcohol based hand sanitizers)
  - Before and after meals.
  - Before and after food preparations.
  - Before touching your eyes, nose and mouth with your hands.
  - After using the toilets.
  - Whenever you think you may have touched areas that may be contaminated such as public eating areas.
  - After handling animals or pets.
- Keeping away from crowded places with poor ventilations.
- Keeping away from enclosed places during the peak of influenza epidemic such as cinemas and areas where there is a higher risk of contact with bodily fluids e.g. saliva or nasal discharges e.g. swimming pool or spas.
- Eating well-cooked dishes as the virus can thrive on uncooked dishes.
- Avoid the sharing of food; use a serving spoon when sharing food dishes with friends and family.
- Avoid sharing of personal items e.g. toothbrush, face towels and hand towels.
- Maintain a clean environment e.g. regular mopping and proper disposing of rubbish.
- Maintain proper hand hygiene and coughing etiquette.
- Do wear a facemask if you are sick to limit the risk of passing the infection or acquiring the infection.



## Tips on maintaining good health

You should keep your body healthy by:

- Doing regular aerobic exercises about 3-5 times a week.
- Ensuring you have adequate rest and sleep.
- Managing your work stress.
- Eating a healthy and balance diet which includes more servings of fruits and vegetables.
- Avoiding vices such as smoking and excessive alcohol intake.
- Ensure a daily fluid intake of about 1.5 to 2 litres.



## Social Habits

Be a socially responsible individual by:

- Seeing a doctor and taking sick leave if you are stricken with flu symptoms until you are well
- Putting on a surgical mask when you have flu symptoms.
- Covering your mouth with a tissue or hand when coughing or sneezing; dispose the tissue appropriately and wash your hands immediately.
- Washing your hands whenever they are contaminated with nasal discharges or sputum.
- Not spitting on the floor.
- Avoiding unnecessary travelling to areas that are affected with the virus.
- Imposing self-home quarantine if you have contacted or exposed to infected patients or had been to high-risk affected areas.