

2 June 2009

Dear Valued Clients

INFORMATION ALERT



WORLD – The information is correct as of 29 May 2009, **53** countries have officially reported **15,511** cases of influenza A (H1N1) infection, including **99** deaths.

The breakdown of the number of laboratory-confirmed cases by country is given in the following table. Laboratory-confirmed cases of new influenza A (H1N1) as officially reported to WHO by States Parties to the International Health Regulations (2005)

Countries	Cases	Death	Countries	Cases	Death
Argentina	37	0	Israel	11	0
Australia	147	0	Italy	26	0
Austria	1	0	Japan	364	0
Bahrain	1	0	Korea, Republic of	33	0
Belgium	8	0	Kuwait	18	0
Brazil	10	0	Malaysia	2	0
Canada	1118	2	Mexico	4910	85
Chile	165	0	Netherlands	3	0
China	30	0	New Zealand	9	0
Colombia	17	0	Norway	4	0
Costa Rica	33	1	Panama	107	0
Cuba	4	0	Peru	31	0
Czech Republic	1	0	Philippines	6	0
Denmark	1	0	Poland	4	0
Dominican Republic	2	0	Portugal	1	0
Ecuador	32	0	Romania	3	0
El Salvador	11	0	Russia	2	0
Finland	3	0	Singapore	5	0
France	21	0	Slovakia	1	0
Germany	19	0	Spain	143	0
Greece	3	0	Sweden	4	0
Guatemala	5	0	Switzerland	4	0
Honduras	1	0	Thailand	2	0
Iceland	1	0	Turkey	2	0
India	1	0	United Kingdom	203	0
Ireland	3	0	Unites States of America	7927	11
			Uruguay	2	0
Grand Total				15,511	99

Chinese Taipei has reported 9 confirmed cases of influenza A (H1N1) with 0 deaths. Cases from Chinese Taipei are included in the cumulative totals provided. Cumulative and new figures are subject to revision.



SINGAPORE – With the additional confirmed case of Influenza A (H1N1) announced on Sunday 31 May 09, the total number of infected persons in the country to now at **5**. All five H1N1 patients remain stable. Three have been discharged but the first H1N1 case is still undergoing treatment in hospital. .

Singapore has confirmed its fifth case of the Influenza A (H1N1) flu virus. The patient is a 22-year-old Singaporean woman who had travelled to the US from May 13 to 28.

Some 20 contacts, including 5 family members and 15 flight passengers, have been identified for home quarantine via contact tracing. The Health Ministry has so far managed to contact only 4 of the 15 passengers. As a precaution, the MOH is working closely with the WHO on the contact tracing of passengers who might have been in close contact with the confirmed case of H1N1.

The MOH has declared that the H1N1 strain remains relatively mild in Singapore but the communal spread of the virus is likely to happen soon.

At the moment, the bigger worry is if the strain becomes more virulent. H1N1 carriers without symptoms are also a worry. Singapore scientists are keeping tabs on the virus to check if it evolves and mutates into something more dangerous.

The DORSCON alert level will not be raised to Orange based on the number of cases alone, but on factors such as changes to the virulence and evolution of the virus.

As of Sunday 31 May 09, the Ministry has served 82 Home Quarantine Orders (HQOs) to close contacts of the five confirmed cases. 68 others who have been in close contact with the affected patients are already out of the country. The Ministry has also lined up other facilities for quarantine purposes, if needed.

As the school holidays have already started, many would be planning vacations overseas. The MOH advises Singaporeans to avoid going to North America and affected areas, if they can do so.

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

General Advice on Preparations for a Pandemic (Part 1)

What can I do for my family to prepare for a pandemic?

With cases of H1N1 being diagnosed in Singapore, it is important for companies to prepare for Business Continuity Plan (BCP). On an individual level, you should also plan ahead for your family members against possible pandemic threats. You can start with a checklist of supplies to sustain your family needs.

A Useful Checklist

This list is non-exhaustive, you should add to the list things that might be important to you

Supplies

(1) Adequate Medical Supplies

- ✓ 2 months supply of medications for chronic diseases.
- ✓ Medical equipment such as thermometer, gluco meter and blood pressure machine.
- ✓ Machines for self-monitoring of medical conditions.
- ✓ Medical protection equipment such as surgical masks and N95 masks.
- ✓ Simple medications for treatment of common illnesses to be kept at home.
- ✓ First aid box: -
 - Paracetamol syrup or tablets
 - Anti-diarrhoea medication
 - Simple over the counter cough and cold medications
 - Antiseptic cream
 - Antiseptic wash



(2) Adequate Non-Medical Supplies

- ✓ Alcohol based (60-95%) hand sanitizers for regular cleaning of hands at home would be especially important if you have kids.
- ✓ Adequate cleaning solutions e.g. detergents and disinfectant for cleaning of the household.
- ✓ Miscellaneous items such as: -
 - Diapers if you have babies
 - Batteries and flashlights
 - Garbage bags
 - Tissues and toilet papers



(3) Adequate Food and Non-perishables

- ✓ Ensure 2 weeks' supply of non-perishable food items: -
 - Staple food such as rice, cereals, oats.
 - Biscuits and crackers.
 - Dried fruits or fruit/ cereal bars.
 - Canned food such as canned fish, canned fruits, canned vegetables, canned meat, canned juices.
 - Milk powder if you have babies or toddlers at home.
 - Pet food.



Look out for our next issue on (part 2) of the checklist with more advice on how to prepare yourself for a pandemic.