

3 June 2009

Dear Valued Clients

INFORMATION ALERT



WORLD – Some **18,965** cases of infections including **117** deaths have been reported to the WHO by **64** countries around the world since the virus emerged in the United States and Mexico in April.

Canada reported its third H1N1 flu death; two people were hospitalized in Scotland in intensive care, and Egypt and the tiny European duchy of Luxembourg confirmed their first cases of the A(H1N1) virus

According to the WHO, a H1N1 flu pandemic is looming closer with the virus showing early signs of spreading outside the Americas, a WHO official said on Tuesday, as Africa reported its first case and Australia's tally soared to nearly 500. Other than geographical spread, member states have asked WHO to integrate an assessment of the disease's severity into its criteria for moving up the alert scale and declaring a pandemic.

For further breakdown of the confirmed cases by country, please refer to the following website: [WHO H1N1 Flu updates](#)



SINGAPORE – In Singapore, we had confirmed 1 new case of Influenza A (H1N1-2009) on 3 June 09.

The patient is a 19-year-old Singaporean female studying in USA who returned for the summer holidays. She arrived in Singapore from New York via Tokyo on All Nippon Airways NH901 at 2340 hours on 28 May. MOH has assessed that no flight passengers needed to be quarantined as the case only developed onset of symptoms more than 24 hours after disembarkation, hence she was assessed to be non-infectious during the flight.

Contact tracing of all previous cases, except the seventh case involving a 30-year-old Australian male tourist, and the most recent case, have been accounted for.

Contact tracing is ongoing for the passengers seated within the following seats on the corresponding flights.

- Within rows 37 to 41 on SQ421 on 1 Jun 09
- Within rows 52 to 56 on SQ25 on 1 Jun 09

Affected passengers who have not yet been contacted by MOH should call the MOH hotline at 1800-333 9999 to enable us to check on their health condition.

Of the 62 cases investigated thus far, 8 cases have tested positive for the Influenza A (H1N1-2009) virus, 43 cases tested negative for Influenza A, 10 tested positive for the usual circulating seasonal flu strains, and 1 is pending laboratory investigations.

The 8th confirmed case of H1N1 was diagnosed on Tuesday 2nd June 09.

Details of the patient are a 15-year-old Singaporean student studying in India. He had travelled to Orlando and Atlanta in the US on a school trip from May 17 to 31.

He returned to Singapore from Atlanta via Mumbai on Singapore Airlines flight SQ 421 (Seat 39K) on June 1 at 7.36pm.

The patient was feverish during the flight, and was picked up by thermal scanners at Changi Airport.

He was sent to Tan Tock Seng Hospital, and subsequently warded at KK Women's and Children's Hospital in the early hours on Tuesday.

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

What can I do for my family to prepare for a pandemic? (Part 2)

The second part of the checklist to keep (This list is non-exhaustive, you should add to the list things that might be important to you.

(1) Educations and Habits

- Teach and encourage the cultivation and practice of good habits: -
 - Hand washing techniques
 - Frequent hand washing before and after meals, before any contact of the eyes, nose and mouth with bare hands
 - Proper coughing and sneezing etiquette
 - Proper use and disposal of tissue paper
- Using daily news as a teaching tool to teach and educate family members about the potential threat of pandemic Influenza.
- Put up posters to remind kids on proper hand washing habits.
- Adequate and strategically placed waste bins to encourage proper disposal of waste especially soiled tissue papers.
- Cultivate good habits of regular cleaning and sunning of household items such as bedding, linens, mattresses etc
- Cultivate regular area cleaning habits with appropriate detergents and disinfectants.
- Areas with frequent hand contact such as doorknobs, railings and tables to be cleaned regularly with disinfectant or hand sanitizer wipes.



(2) Continuity of Work and School

- Think through alternatives for taking care of children if school and childcare is closed due to severe pandemic threat.
- Speak to company as to whether company's business continuity plan allows you to work from home.





(3) Keeping Healthy

- Start living a healthy lifestyle with proper diet, exercise, rest and quit vices such as smoking.

(4) Emergency Contacts

You may wish to display this list of emergency contact number at a visible location

| | |
|-----------------------------------|---------------|
| Emergency Ambulance | 995 |
| Non-emergency Ambulance | 1777 |
| Influenza A (H1N1) Ambulance | 993 |
| FIRE | 995 |
| Police Emergency | 999 |
| MOH Hotline | 1800-333 9999 |
| Police Hotline | 1800-2550000 |
| Civil Defence | 1800-2865555 |
| SGH Hotline | 1800-3213591 |
| MOH Emergency | 1800-3339999 |
| AVA Hotline | 1800-2262250 |
| Blackout | 1800-7786666 |
| NEA Hotline | 1800-2255632 |
| Dengue Hotline | 1800-9336483 |
| Weather Hotline | 65427788 |
| Drugs & Poison (non-emergency) | 64239119 |
| Civil Defence | 1800-2865555 |
| Raffles Medical Group Hotline | 63111111 |
| Raffles Medical Ambulance Hotline | 63111555 |
