

5 May 2009

Dear Valued Clients

INFORMATION ALERT



4 May 2009 -- As of 18:00 GMT, 4 May 2009, 21 countries have officially reported 1085 cases of influenza A (H1N1) infection.

Mexico has reported 590 laboratory confirmed human cases of infection, including 25 deaths. The United States has reported 286 laboratory confirmed human cases, including one death.

The following countries have reported laboratory confirmed cases with no deaths - Austria (1), Canada (101), China, Hong Kong Special Administrative Region (1), Costa Rica (1), Colombia (1), Denmark (1), El Salvador (2), France (4), Germany (8), Ireland (1), Israel (4), Italy (2), Netherlands (1), New Zealand (6), Portugal (1), Republic of Korea (1), Spain (54), Switzerland (1) and the United Kingdom (18).

The WHO warns of a possibility of a second wave of virus spread as the seasonal common flu begins, with also a possibility of mutation in the virus. Continued preparedness and alertness worldwide remain essential to contain the spreading of the virus. The WHO advises all to remain vigilant and to exercise caution when travelling to affected countries.



SINGAPORE – As of 5 May 09, the alert level remains as Orange and NO confirmed case of Influenza H1N1 – 2009.

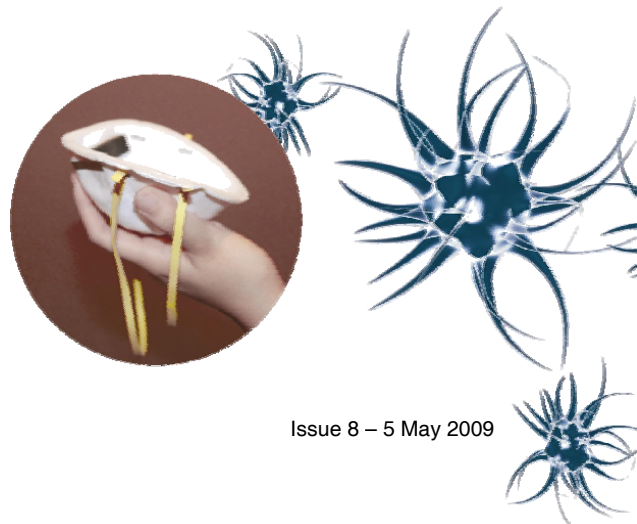
General Advice

As part of the preventive measures to minimise the risk of infections and transmission of the virus, the donning of the facemasks is recommended, especially if you are travelling to the affected regions. There are 2 types of facemasks currently recommended for use, the N95 mask and the surgical mask.

Do take note that masks need to be correctly used and disposed of to ensure that they are potentially effective and to avoid any increase in risk of transmission associated with the incorrect use of masks.

The following information is on the correct use of masks derived from the practices in health-care settings

- Place mask carefully to cover mouth and nose and tie securely to minimise any gaps between the face and the mask
- While in use, avoid touching the mask



- Whenever you touch a used mask, for example when removing or washing, clean hands by washing with soap and water or using an alcohol-based hand rub
- Replace masks with a new clean, dry mask as soon as they become damp/humid
- Do not re-use single-use masks

Discard single-use masks after each use and dispose of them immediately upon removing.

Simple steps to wear the surgical mask

1. Wash your hands before putting on the mask.
2. The green/blue surface should be facing out and the white surface towards your mouth.
3. The edge with a small wire embedded-in should be placed above the nose.
4. The mask, when put, should cover your nose and mouth and stretched gently under your chin.
5. The elastic bands on both sides should be worn around your ears.
6. Finally, press the thin metal wire along the upper edge gently against the bridge of your nose so that the mask sits nicely on your face.
7. Do not share used masks with any other person.
8. It is advisable to change a new face mask daily or when it is soiled or damaged.



Steps to wear the N95 Mask

	Step 1 Hold respirator in hand		Step 2 Turn respirator over to expose the headbands		Step 3 Cup respirator over nose and mouth. Ensure the 2 straps are separated and pull the straps over the head		Step 4 Locate the lower strap below the ears and upper strap across the crown of the head		Step 5 Using both hands, mould nose-clip to the shape of the lower part of the nose. DO NOT pinch the nose piece as this may result in less effective respirator performance		Step 6 The seal of the respirator on the face should be fit-checked. Cup the respirator with both hands and blow out into the respirator. If you do not feel air escaping from the sides of the respirator, the fit is correct. If not, adjust the straps and mould the nose-clip again before performing another fit-check
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Should you require further information or clarification, please contact our Corporate Services Team or Account Managers for assistance.

Warmest regards,

Dr Chng Shih Kiat
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