

11 May 2009

Dear Valued Clients

## INFORMATION ALERT



**WORLD** – 10 May 2009, 29 countries have officially reported 4379 cases of influenza A (H1N1) infection.

Mexico has reported 1626 laboratory confirmed human cases of infection, including 45 deaths. The United States has reported 2254 laboratory confirmed human cases, including two deaths. Canada has reported 280 laboratory confirmed human cases, including one death. Costa Rica has reported eight laboratory confirmed human cases, including one death.

The following countries have reported laboratory confirmed cases with **NO** deaths - Argentina (1), Australia (1), Austria (1), Brazil (6), China, Hong Kong Special Administrative Region (1), Colombia (1), Denmark (1), El Salvador (2), France (12), Germany (11), Guatemala (1), Ireland (1), Israel (7), Italy (9), Japan (4), Netherlands (3), New Zealand (7), Panama (3), Poland (1), Portugal (1), Republic of Korea (3), Spain (93), Sweden (1), Switzerland (1) and the United Kingdom (39).



**SINGAPORE** – According to the Ministry of Health (MOH), Singapore is downgrading the flu alert to **yellow** today, as there are no detected cases of H1N1 in Singapore.

Government workplaces and schools have stopped the practice of temperature taking, while some companies are not easing up on Orange alert measures just yet. Although the alert has been lowered, it is important to maintain a good standard of personal hygiene at the workplace, in public and at home. You can refer to Issue 11 for more tips on good personal hygiene.

Travellers inbound with a history of travel to Mexico within the last 7 days will still be issued with a quarantine order.

As the coming June school holidays are just a month away, today's advisory has some tips about travel, in preparation of your overseas travel with your family and loved ones.

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



## About travelling during this June Holidays

The time of year has come where many families in Singapore will be making use of the June school holidays for overseas vacation. In view of this recent influenza A (H1N1) outbreak, we have compiled the following travel advices.

### Travel Destinations

It is still advisable to avoid travelling to affected areas, namely:

- Mexico
- United States i.e. California, Texas and New York
- Canada i.e. Province of Nova Scotia

Care should be taken when travelling to countries in the Southern Hemisphere such as Australia and New Zealand, who are having their winter season, as there may be a surge of influenza activity. Families travelling to countries in the Southern Hemisphere should consider receiving influenza vaccination at least 1 week prior to their travelling.

### Travel Vaccinations

Influenza vaccination is advisable for all except for babies under 6 months, women in their 1<sup>st</sup> trimester pregnancy and those with history of egg allergy or allergy to previous influenza vaccination. If you are travelling to some exotic destination, other vaccinations may be required e.g. Tetanus, Hepatitis A and B etc. You can consult our doctors at Raffles Medical Clinics to plan your vaccination before your trip.

Other than the above, you and your family should also ensure adequate rest while having fun. You should encourage a healthy intake of more fruits (preferably fruits that need to be peeled) and vegetables. You should also encourage all to take adequate fluids daily (about 1.5 to 2 litres). Excessive alcohol and smoking should be avoided as they may reduce your body's immunity.

### Travel Kit

It is advisable that you bring along a travel medical kit for personal use and protection. Items that should be included are:

- Bandages
- Water-resistant plasters
- Cotton Buds for application of cream



- Gloves
- Alcohol swabs
- Sterile gauze
- Safety pins
- Small forceps for picking out foreign bodies from wounds
- Scissors
- Antiseptic wash e.g. Unisept
- Antiseptic cream



In view of the recent flu epidemic, you should also consider bringing along:

- Surgical masks or N95 masks in case of an outbreak while travelling.
- Hand sanitizers to allow frequent cleaning of hands.
- Thermometer for measuring of temperature.

You can approach our clinics to get a pre-packed Travel kit and Flu Protect Kit with the necessary items.

## Travel Medical Insurance

You should consider taking up travel insurances for you and your family. This allows for medical fee coverage in the event of medical emergencies, as health care expenses in some countries could be costly.

## Raffles FluProtect Plan

International Medical Insurers (IMI), a wholly owned subsidiary of RMG, now offers an innovative individual insurance plan, the Raffles FluProtect plan. You may consider this as a benefit for your staff or family. The Raffles FluProtect provides daily cash benefit of \$300 per day for up to 30 days in case of quarantine (terms and conditions apply). Please refer to [http://www.imi.sg/raffles\\_flu\\_protect.html](http://www.imi.sg/raffles_flu_protect.html) for more product information. For more enquiries on local and regional health insurances plans, please contact IMI at 6298 2266.

## Be Updated and Alert

While travelling and having fun during this holidays, you should continue to be aware of the situation around the world and the country that you are travelling to for any further development of the influenza A H1N1 epidemic. You can also log in to [www.rafflesmedicalgroup.com](http://www.rafflesmedicalgroup.com), click on the H1N1 section for further updates.

**Wishing you and your family a very happy and enjoyable holiday!**