



MARITIME AND PORT AUTHORITY OF SINGAPORE

PORT MARINE NOTICE  
NO. 50 OF 2009

29 Apr 09

To: Shipping Community  
Harbour Craft Community  
Pleasure Craft community

### **HEALTH ALERT NOTICE – SWINE FLU**

1. The World Health Organisation had raised the pandemic alert phase for the swine flu outbreaks from Phase 3 to Phase 4. The change to a higher phase indicates that there is sustained human-to-human transmission, capable of causing community-level outbreaks. This increases the risk of a pandemic. In line with this, Ministry of Health (MOH) will also be elevating our alert level from green to yellow. This is to better brace ourselves to handle situations where there may be isolated imported cases but no sustained local transmission.

2. The information provided in the Health Alert Notice by MOH dated 27 April 09 are as follows:

- a. If you have recently travelled (in the last seven days) to an area with probable local transmission of human swine influenza A (H1N1), please monitor your health closely for seven days. An early symptom of influenza is high fever. This is followed by cough, sore throat, runny nose and sometimes breathlessness a few days later.
- b. If you suspect that you may have influenza while in Singapore, please seek medical attention as early as possible. Let the doctor know where you have travelled to.
- c. You can help prevent the spread of respiratory infections by maintaining good personal hygiene. Wash your hands regularly with soap

and water, and dry them using disposable towels or a hand dryer. Alcohol rubs may be used if there are no hand-washing facilities. You should avoid touching someone else's used tissues and handkerchiefs. You should also cover your nose and mouth when you sneeze or cough.

d. For information on Influenza Check out these websites

[http://www.cdc.gov/flu/swine/key\\_facts.htm](http://www.cdc.gov/flu/swine/key_facts.htm)

<http://www.crisis.gov.sg/flu/>

<http://www.moh.gov.sg/mohcorp/default.aspx>

<http://www.moh.gov.sg/mohcorp/flupandemic.aspx>

<http://www.who.int/csr/disease/influenza/en/>

**OR** Call MOH hotline at **1800-333 9999**

Ministry of Health, Singapore

## HEALTH ALERT CARD

Updated: 27 April 2009

**HUMAN SWINE INFLUENZA A (H1N1)**


*Early symptom: High fever*

*Later symptoms: Cough, sore throat, runny nose, breathlessness*

Please monitor your health. If you develop symptoms within seven days after travelling to an area with probable local transmission of swine flu, please seek immediate medical attention. Avoid public places. If you have a cough, put on a surgical mask or cover your mouth.

**Our Hotline**  
**1-800-333 9999**

Keep this card with you and show it to the attending doctor.



3. Temperature screenings are being conducted at the following sea checkpoints:

International Passenger Terminal  
Regional Ferry Terminal, Harbour Front  
Tanah Merah Ferry Terminal  
West Coast Pier  
Marina South Pier  
Changi Ferry Terminal  
Changi Point Ferry Terminal

4. Maritime community is advised to check regularly for updates at MOH website - <http://www.moh.gov.sg> .

5. Shipping community is also reminded to comply with port health clearance procedures for vessels arriving Singapore as per the Port Marine Circular 7/2000 dated 20 May 2000.

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