

What is MERS?

Background

The **Middle East Respiratory Coronavirus** (MERS-CoV) is a novel coronavirus which causes acute respiratory illness in infected patients.

- The virus was first reported by the WHO on 22 September 2012, and thus far all cases worldwide remained associated with the Arabian Peninsula.
- Coronaviruses are a large family of viruses which are known to **cause illness in humans and animals**.
- Uman coronaviruses usually cause mild respiratory illnesses like the common cold, with the exception of the MERS-CoV and the SARS coronavirus which can cause severe illness.

Health Advisory (June 2015)

The World Health Organization (WHO) does not recommend the application of any travel or trade restriction to areas affected by MERS-CoV. However, to reduce the risk of exposure to MERS-CoV, we advise **Singaporeans and other residents travelling to affected areas to maintain their vigilance** and adopt the following health precautions when overseas ... next

On their return from a **MERS-CoV** affected area

- Singaporeans and other residents should monitor their health closely for two weeks.
- Singaporeans and other residents need not self-quarantine themselves upon their return if they have no symptoms of illness. However, they should **wear a surgical mask** and **seek medical attention promptly** if they become unwell with fever and cough and if they had recent travel history (within two weeks) to any areas reporting human cases of MERS-CoV.
- They should inform the doctor of the areas that they had travelled to. **Truthful declaration of travel history is important.**
- They may also be isolated for observation and further investigations, which may take up to 48 hours.

MOH Singapore Health Advisory

- Observe good personal hygiene at all times;
- Practise frequent hand washing (e.g. before handling food or eating, after going to toilet, or when hands are soiled);
- You may consider wearing a surgical mask in crowded places and avoid close contact with persons suffering from acute respiratory infections (e.g. someone who is coughing);
- Avoid contact with camels and other live farm or wild animals, including not visiting camel farms. If contact has been made, thoroughly wash hands with soap.
- Adopt good food safety and hygiene practices and avoid consuming unpasteurised milk, undercooked meats, raw fruits and vegetables (unless they have been peeled), or unsafe water.
- Avoid visiting healthcare institutions in the Middle East and South Korea, unless it is necessary to do so.

If you have such symptoms ..

- Flu-liked symptoms like running nose, cough and fever (above 37.6 degrees in body temperature)

Please don a mask and seek medical attention. Inform your teacher. Stay away from school and the public. Be socially responsible

XMS Temperature-taking Exercise

2nd July 2015

A gentle reminder to all to bring along your personal thermometer or ODT for the exercise. Please check if it is working. If not, you can acquire one from our XMS Bookshop before 2nd Jul 2015. Thank-you.

