

MEMORANDUM

Reference No. MRD 05-09

Date : **May 27, 2009**
To : **ALL CONCERNED**
From : **Medical Relations Department**
Re : **SWINE FLU (A Influenza H1N1 VIRUS)**

Swine Flu also known as H1N1 Virus was first discovered April 2009. The virus origin is from the swine and it spreads from person-person and has spread not only in the United States but to other countries as well. It is transmitted in the same way that regular seasonal influenza viruses spread; mainly through the coughs and sneezes of people who are sick with the virus.

World Health Organization's latest update (#38) showed that as of 25 May 2009, 46 countries have officially reported 12,515 cases of influenza A(H1N1) infection, including 91 deaths. Whereas in the Philippines, as of May 25, the Department of Health has identified ten new Cases Under Observation (CUO), eight of whom are from NCR, one from Region I and one from Region VII. Since May 1, the DOH has monitored 113 CUOs, two of whom were confirmed cases of A(H1N1). Fifteen CUOs still have pending laboratory results, the remaining 96 have been discarded since they are negative for Influenza A(H1N1).

In view of this impending disease outbreak, the Medical Group of Intellicare has come up with certain guidelines to which our valued members can refer to.

The following are the guidelines to be observed with regard to the Influenza A (H1N1) virus

- 1.) Travelers arriving from abroad are advised to practice "self-quarantine" for at least 10 days. They should manifest via a health declaration checklist the countries visited for the past three weeks to determine if they came from metros/areas with swine flu outbreaks such as Mexico, United States and Hong Kong. They should just stay at home for this particular period of time.
- 2.) Symptoms to watch out for include fever, sore throat, cough, headache, diarrhea, body weakness, and difficulty in breathing among others.
- 3.) Intellicare members who develop the said signs and symptoms can seek consultation at any accredited hospital and/or clinic for initial evaluation and assessment.
- 4.) If the hospital recommends further referral to government assigned hospitals for confirmation of Swine Flu such as The Research Institute for Tropical Medicine (RITM), San Lazaro Hospital, San Vicente Hospital and Lung Center, cost of tests and other related treatments will be through reimbursement subject to contract provisions.

5.) It is also advised that in cases of flu-like signs and symptoms developing within 10 days after arrival, persons must immediately contact DOH via landline at (02) 711-1001, 711-1002, 743-1937 or via mobile phone at: (63) 917-7725621 and (63) 921-592-2361.

In the advent of a declaration from the WHO (World Health Organization) or the DOH (Department of Health of the Philippines) of an epidemic or pandemic, coverage for the said condition will cease. However, diagnostic examinations prior to the declaration will be covered.

This supersedes all prior communications pertaining to this matter.

For your information and guidance.

Thank you.


Louie J. Agregado, M.D.
Head-Medical Relations Dept.

Noted by:


Ricardo L. Jocson, M.D.
Medical Director

cc: MRD, AMD, Operations Group, Regional