

**WHO Country Office, Myanmar Situation Report on Pandemic (H1N1) 2009  
No. 4\***

The first case of Influenza A H1N1 in Myanmar was declared on 27 June 2009 by the Ministry of Health.

The case is a 13 year old girl who, together with her family had visited Singapore on 21 June 2009 and arrived back at Yangon International Airport at 13:30 hours on 26 June 2009 on flight number 3K 585. The same day, some time after getting home, she went to private tuition together with her classmates. At the class, her teacher noticed that she had a cough, and advised her parents to go to Yangon General Hospital for medical advice.

The patient was admitted to Yangon General Hospital on 26 June at 21:00 hours and was put in an isolation room for medical care and necessary investigations. She was confirmed as Influenza A H1N1 case on 27 June 2009. The confirmed case has been reported to the Global Outbreak Alert and Response Network (GOARN), Geneva.

The patient is under treatment at Yangon General Hospital and the Ministry of Health has carried out control measures to prevent the spread of disease and the surveillance activities have been increased. Contact cases such as her family, her teacher and her classmates are put under home quarantine for 10 days. All passengers who came to Yangon together with her on the same flight and airport arrival ground staff are under surveillance.

The patient is now recovering. The status of the patient has been updated daily through the Myanmar media.

Since the time when the initial A H1N1 cases in other countries of the world have been reported to WHO, technical updates, information of Influenza A H1N1 including updates on laboratory-confirmed cases of new influenza A (H1N1) as officially reported, is immediately shared by WHO to the Ministry of Health, UN Agencies, Embassies and International Non Governmental Organizations.

For the implementation of pandemic response activities, WHO has supported the official requests from the Ministry of Health for surveillance, personal protective equipment, antiviral, essential laboratory supplies and laboratory equipment as required.

A UN Influenza Task Force was set up under the leadership of the UN Resident Coordinator to formulate the UNCT Continuity Action Plan for Human Pandemic Influenza.

WHO is committed to provide full technical and logistic support to the Ministry of Health in increasing its surveillance, laboratory capacity, and treatment and case management to respond and to contain the spread of A (H1N1) in Myanmar.

Advice of WHO \*\*::

For individuals

- To avoid panic
- To keep individuals informed. WHO will provide as much information as possible , using outbreak communications best practice
- In over 99% of all cases, so far the disease has been mild and self limiting, so the chances are very good that, if infected, you will experience mild disease, and recover fully
- Individuals should practice a few basic self protective measures
  - ❖ Improve personal hygiene
    - Wash your hands with soap frequently
  - ❖ Cover your sneezes and coughs
  - ❖ Maintain a distance of 1 metre from those who are exhibiting influenza like symptoms
  - ❖ Stay home when ill
- Avoid going to crowded places
- Do not use antiviral prophylactically
- Antiviral should be dispensed only by trained medical professionals in health facilities
- No travel restrictions

For more details:

[http://www.who.int/csrresources/publications/WHO\\_CDS\\_32/en/index.html](http://www.who.int/csrresources/publications/WHO_CDS_32/en/index.html) or  
<http://tinyurl.com/cnxg6e>

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## **Girl found infected with New Influenza A (H1N1)**

**Ministry of Health copes with the case with great care to prevent possible spread of the disease**

NAY PYI TAW, 27 June—A 13-year-old girl together with her family paid a visit to Singapore on 21 June. They arrived back at Yangon International Airport by flight No 3K 585 of Singapore Airlines at 1.30 pm yesterday. When medical staff took her body temperature at the airport, the result of the medical check-up showed no fever found. Some time after getting home, she was studying with her friends at the private tuition. At the time, the female private teacher noticed that the girl had a long cough. So, in coordination with her parents, she hospitalized the girl at 9 pm yesterday.

She was kept in a private room of Yangon General Hospital. After giving her a medical check-up, the National Health Laboratory today confirmed that she is infected with New Influenza A (H1N1).

Now, the patient is under intensive care at the private room. The Ministry of Health is keeping all

persons who have come into contact with her: her family members, her classmates, private class teacher and her family members, and does not let them go out and is giving health care to them in order to prevent possible spread and take the outbreak of the disease under control. In addition, all the 91 passengers, who flew together with her, and the staff members (foreign arrival) of Yangon International Airport are kept under surveillance. There will soon be a news report as to whether they are also infected with the virus or not.

That is the first human case in Myanmar. Senior officials of the Ministry of Health are taking preventive measures against possible outbreak of New Influenza A (H1N1).

Authorities concerned have urged the people to take part in the preventive measures taken to make sure that Myanmar will not see spread of New Influenza A (H1N1).—MNA

*Source: The New Light of Myanmar newspaper (28 June 2009)*

## **A/H1N1 patient in recovering stage**

NAY PYI TAW, 29 June — The girl, 13, who has been confirmed to be infected with A/H1N1 on 27 June after her visit to Singapore with her family, is receiving medical care at Yangon People's Hospital.

On 29 June, her temperature fell and she is gradually recovering from her illness. Officials concerned are taking intensive care of her and monitoring those who have brought into contact with her: family, private class teacher and classmates. However, the contacts did not fall ill nor show symptoms of the disease.—MNA

*Source: The New Light of Myanmar newspaper (30 June 2009)*