



# Rotary crossroads

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*Proud of our Heritage, Committed to our Future*

*Chartered 6<sup>th</sup> June 1930*

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## LIVE WEBINAR ON THE COVID-19

ROTARY SERVING HUMANITY

TONIGHT  
12.02.20

7.00 - 8.30  
IN THE EVENING

[https://zoom.us/webinar/register/WN\\_oo\\_dbOmnRQ-Ig2ZlgnGORQ](https://zoom.us/webinar/register/WN_oo_dbOmnRQ-Ig2ZlgnGORQ)  
(All Rotarians already registered)

# WEBINAR

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## Wuhan Webinar – Questions & Answers

*Reported by: Community Service Director Dr Chan Siew Luen*

With the raising of DORSCON to Orange, the Club cancelled the weekly club meeting on Wednesday, 12 February 2020 and replaced it with a webinar on the “Wuhan Virus”. The virus, previously named 2019 novel corona virus is now officially known as SARS-CoV2 and the disease it causes is called COVID-19.

Associate Professor A/Prof Steven Ooi, medical epidemiologist, and A/Prof Hsu Li Yang, infectious disease specialist, both from the Saw Swee Hock School of Public Health, NUS, were our distinguished panelists who answer a wide range of questions posed by members.



*A/Profs. Hsu Li Yang & Steven Ooi  
(left to right)*

President Deepak and VP Mee Lee led in a question and answer session and a brief summary is below. Video clips of the webinar will be posted on the Club YouTube account for viewing.

### Questions & Answers (Q&A)

#### **Q: How grave is this outbreak? How does this compare with SARS?**

A: This has the potential to become a pandemic. Still a lot of uncertainty. Like SARS, it is due to corona virus which is normally in bats and has jumped species through an intermediary, to humans. Thereafter, human to human transmission is possible. Like in SARS, this corona virus also causes severe respiratory symptoms. However, in SARS, fatality was 10% and so it did not transmit very well. In COVID-19, the fatality was lower and the virus was able to transmit very well resulting in more people being infected than SARS. Current expert opinion is that it is less deadly than SARS but more deadly than the pandemic flu of 2009. Overall, it is more similar to the Spanish flu of 1918.

#### **Q: Are we over-reacting?**

A: Anxiety over a new outbreak is normal. Currently global fatality of 2% is too high for this to be just treated as flu. SARS has given Singapore the experience to deal with such an outbreak and we are in a good position to deal with this.



# In Focus

**Q:** Is there a good chance of containing it?

**A:** There is currently a window of opportunity to contain it. A lot depends on what China does and whether it gets to a country where the health system is not able to cope.

**Q: How fast can a vaccine be developed?**

**A:** Vaccine development is being undertaken but will take at least a year before it is commercially available. Singapore is one of the countries selected for early clinical trials.

**Q: The media reports that COVID-19 is associated with dry cough. Does it mean that phlegmy cough implies that it is not COVID-19?**

**A:** Corona virus is a respiratory virus and it causes symptoms similar to other respiratory viruses such as the flu virus, including symptoms such as having a phlegmy cough.

**Q: What is the significance of fever?**

**A:** Fever is a non-specific sign of infection and does not necessarily mean COVID-19 infection. It is a relatively easy to administer screening tool.

**Q: Some media reports stated that incubation period can be as long as 24 days. Is this true?**

**A:** The vast majority of cases have incubation periods of less than one week. Cases that reported longer incubation period may have errors such as double exposure, whereby the patient have had two potential episodes of exposure but did not remember or report the later potential episode of exposure, hence giving the impression of a longer incubation period.

**Q: Am I immuned after one infection?**

**A:** Corona viruses do not confer lifetime immunity. A patient who has been infected and recovered from COVID-19 will be immuned for the rest of this current epidemic but not necessarily for future corona virus outbreaks.

**Q. Media reports stated that it could be airborne. Is it true?**

**A:** Current cases and rate of transmission are consistent with droplet and contact transmission. Airborne infections will result in significantly higher infection rates.

**Q: Are air filters with UV light and humidifiers useful?**

**A:** The corona virus is very small and most air filters will not be able to filter it out. UV light theoretically may be useful but real life effectiveness is not proven. The corona virus does not survive very well in humid environment.



# In Focus

The higher the humidity, the lower the chances of survival for the virus. However, humidifiers are not needed in Singapore as our air is already very humid.

**Q: Are outdoor or indoor sports safer?**

A: In general, an outdoor environment is safer compared with an indoor environment with air-conditioning.

**Q. Do health supplements help?**

A: There is insufficient evidence to support any recommendation of dietary supplements beyond a healthy normal diet.

**Q: is it safe to swim? Some say the virus can be transmitted through oral fecal route while others say the chlorine will kill the virus.**

A: Swimming per se is unlikely to cause transmission as the viral concentration in the water will be very much diluted. However, the swimming pool environment such as the showering in a public shower shared with many people poses a higher risk of coming into contact with infected respiratory fluids.

**Q: Does mouthwash help to get rid of the virus?**

A: There is no evidence that mouthwash can help get rid of the virus.

**Q. Are healthcare workers' uniforms carrying germs to the public?**

A: Healthcare workers observe strict hygiene do not pose any risk of transmitting the virus to the public. They are the ones risking their own lives to care for the infected patients and must be supported and appreciated by the public instead of being shunned.

**Q: Are there “superspreaders” like in SARS?**

A: While it is true that some patients have transmitted the virus to more people than others, the concept of a “superspreader” is wrong. It is the confluence of factors coming together that give rise to a “super-spreading event”. For example, a person who is infected being in close contact with many people in the course of his daily activities may infect many others due to his activities and not inherent in him having more virulent viruses.

**Q: Will we see DORSCON Red?**

A: Singapore has never reached DORSCON Red even in the depths of the SARS crisis. It is unlikely to happen this time as well.



# In Focus

## Q: Who pays the medical bills of the infected patients?

A: When the Infectious Diseases Act is invoked for the treatment management of an infected person, the Government will pay all medical expenses in relation to that infection.

## Q: Who are the vulnerable groups?

A: The current demographic group that seems most susceptible are the elderly and those who are medically compromised. Infection rate among children is not high. There is no data on the infection of pregnant women and their prognosis.

## Q: Can surgical masks be re-used?

A: Surgical masks should not be re-used as it loses its protective properties when it becomes damp. "Sterilizing" it with microwave or heat will damage the mask and increase the size of the pores and hence destroying its physical properties as a barrier.

## Q: Are washable masks effective?

A: Washable masks are not effective as the pore size will be too large to serve as an effective barrier.

## Q: Is N95 mask better?

A: N95 masks are not needed by those who are not caring for infected or suspected of being infected. N95 masks need to be fitted properly and tested to be effective. Studies have shown that the rate of flu transmission of flu to healthcare workers using N95 masks and those using surgical masks is not statistically significant when the healthcare workers are working in a routine level of alertness.



*From left: PP Dr Yap Lip Kee, VP/PN See Mee Lee, A/Prof Hsu Li Yang, A/Prof Steven Ooi, President Deepak & CSC Director Dr Chan Siew Luen*





## Last Week – Report on the On-Line Meeting – Wednesday 19 February 2020

### OPENING REMARKS

Prior to the start of the Club's 1<sup>st</sup> On-line and 30<sup>th</sup> Meeting, President Deepak gave the Chair to International Service Committee (ISC) Director Rtn Mamta Shahani who reported on the Club's visit to India from 13 to 17 February 2020 (a report will be printed in the coming issue of the Crossroads). Rtn Mamta also briefed members on the latest developments of the ISC Major Project for the water accessibility project in Desa Gulinten, Bali.

### WELCOME

President Deepak then started the Meeting proceedings and called upon Honorary Secretary Shamin Vaswani who welcomed members and invited members to raise a toast to Rotary International.

### ANNOUNCEMENTS

**Member Get Member Programme** - President Deepak reminded members of the programme to rejuvenate the Club by their recommendation of prospective members, and that their group efforts would be rewarded with dinner and a bottle of champagne upon the induction of their candidates to the Club.

**Artisan of the Year Award 2020** – A further call was made by President Deepak for members to nominate persons who give back to the community through their vocations. He advised that the Artisan of the Year Award was being helmed by Rtns Vishal Nanwani and Ujjal Nandi, and further reminded members that nominations close on 31 March.

### CLASSIFICATION TALK

To introduce the Speaker, our very own Rtn Miha Hribernik, President Deepak called on Rtn Shamin, who noted that Rtn Miha was the first Slovenian member in the Club. Rtn Miha Hribernik is the head of Asia Risk Analysis at Verisk Maplecroft; a UK-based research and risk analytics company.

In his presentation on the topic "World Understanding & Peace: What does 2020 have in store?", Rtn Miha noted a number of metrics, that the world in early 2020 was more peaceful and prosperous than ever before. He then followed up on what was in store for 2020, and noted that during 2019, 47 jurisdictions saw a significant increase in unrest. He noted that with the US-China relations, the long-term trend was towards increasing tensions. He also noted that Interstate conflict might have declined, but civil wars and 'internationalised conflict' were thriving. Rtn Miha voiced his concerns on climate change and its impact, as he highlighted that just 17% of countries are at low risk of physical impacts from climate extremes.

Rtn Miha also cited a 'short' list of concurrent risks that could create a perfect storm...however he stated that there was no reason to panic and added that Rotarians need to be the voice of reason. To conclude his presentation, Rtn Miha answered a slew of questions from members. (A copy of Rtn Miha's presentation is available from the Secretariat.)

President Deepak called on Rtn Mamta who warmly thanked Rtn Miha for his enlightening talk at such a crucial time which would strengthen Rotarinas resolve on peace and climate change, adding that it was pleasure hearing his talk. President Deepak also added that Rtn Miha's impressive talk was indeed inspiring and timely as Rotary celebrates "World Understanding & Peace Day" on 23 February.



# Photo Album of the Club's 1<sup>st</sup> On-line Meeting – 19.2.2020

(Photos courtesy of Honorary Secretary Rtn Shamin Vaswani)



*From left: Rtns Shamin Vaswani, Mamta Shahani & Miha Hribernik*



*President Deepak prepping for the 1<sup>st</sup> On-line Club Meeting*



*Speaker, Rtn Miha presenting his talk*



## Coming Club Events...





# Mark Your Diary

## Birthday Celebrants

RC sends best wishes to Birthday celebrants:

Jean-Philippe Lionnet

## This Meeting

**26 February 2020**

**Speaker:** Ms Sim Bee Hia, Chief Executive Officer, Food from the Heart

**Topic:** "How a Lady and a Loaf of Bread Change Lives"

## Next Meeting

**4 March 2020**

**Community Service Committee (CSC) & Club's Weekly Meetings**

**To be advised**

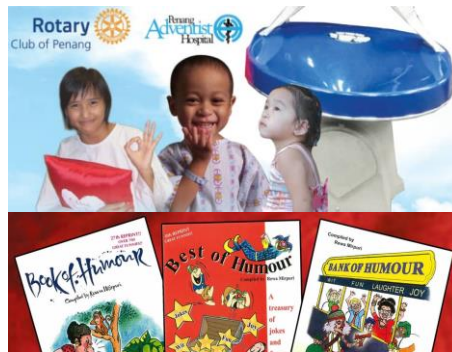
## Anniversary Celebrants

RC sends best wishes to Wedding Anniversary celebrants:

T K Chew & Mary  
Amit & Seema Chatterjee

## Committee Meetings

**All Service Committee Meetings to be advised closer to the dates of the meetings.**



### GIFT OF LIFE

**Children with cardiac problems to get help from Rotary's District 3300 & 3310**

A full set of 3 editions - Book of Humour, Best of Humour & Bank of Humour, come in a beautifully designed box housing this set for only \$25.00

Please order a few sets of books for the Gift of Life Project, and place your orders with :  
Hon. Member Rtn Rewa Mirpuri  
@ tel: 6241 9157 or email:  
[rewamirpuri@gmail.com](mailto:rewamirpuri@gmail.com)

## Coming Rotary Events

### February

**Peace and Conflict**

**Prevention/Resolution Month**

**29 Feb** – VSC Junior Engineers prog. (Postponed)

### March

**Water and Sanitation Month**

**4 Mar** – Dine in Silence Special CSC Meeting

**5 Mar** – Cage Cricket Fellowship

**21 Mar** – YSC – ICC Major Project event (Postponed)

**28 Mar – 11 Apr** – YSC Mental Aid Course

**28 Mar** – District Assembly (Postponed)

**31 Mar** – Nominations close for the Artisan of the Year 2020

### April

**Maternal & Child Health Month**

**16-18 Apr** – ISC Major Project in Bali Progress Visit

**19 Apr** – CSC Business Plan Clinic

**24 Apr** – VSC MasterChef Dinner

**25 Apr** – Rotary-SRT Cyberbullying event (Postponed)

**29 Apr** – 4<sup>th</sup> & last Club Assembly

### May

**Youth Service Month**

**1 May** – Swimathon

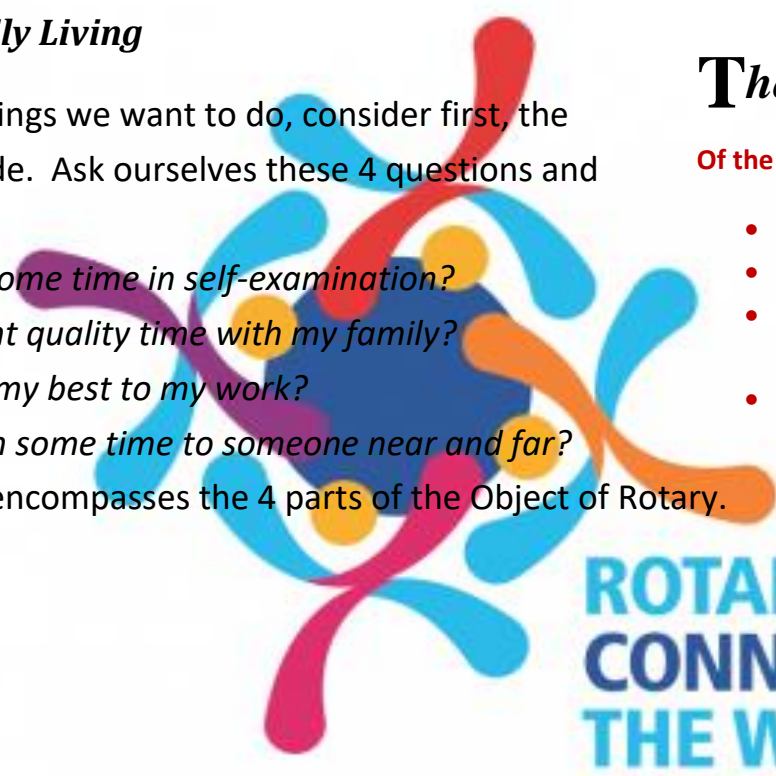


# The Guide to Daily Living

Before doing the things we want to do, consider first, the Precepts of the guide. Ask ourselves these 4 questions and act upon them:

- First:** Have I spent some time in self-examination?
- Second:** Have I spent quality time with my family?
- Third:** Have I given my best to my work?
- Fourth:** Have I given some time to someone near and far?

The Guide, in fact, encompasses the 4 parts of the Object of Rotary.



# The Four-Way Test

Of the things we think, say or do:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendship?
- Will it be beneficial to all concerned?

## BOARD OF DIRECTORS 2019/2020

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Immediate Past President	Mark Wang
President Elect	Dinesh Sharma
Vice President (Community & International Service)	See Mee Lee
Vice President (Vocational & Youth Service)	Bala Venkatesan
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