

# Beijing United Family Hospital

## Information on Severe Acute Respiratory Syndrome (SARS) April 23, 2003

Beijing United Family Hospital and Clinics is aware of the high level of concern in our community about this new and severe form of atypical pneumonia. We are aggressively seeking to prevent the spread of this disease through current, clear information distribution and policy guidelines for the protection of our patients, staff and community.

### **Beijing United Family Hospital and Clinics -Infection Control Policy**

In order to safeguard the well-being of all of our patients and reduce any chance of transmission of this virus in the hospital, we have taken the following measures:

- \* All persons entering the hospital must wear a face mask and wash their hands with alcohol hand rub
- \* At each entrance all visitors and patients are asked if they have a fever or contact with SARS patients
- \* A special fever clinic has been established. Patients at risk for SARS will be isolated so that they do not pose a risk to other patients attending the clinic.
- \* Well-baby care has been moved upstairs to the third floor, so that sick children are not in the waiting room with well babies.
- \* Adult patients with fever should be seen at our Beijing United Family Hospital & Clinics (BJU) located at Jiangtai Lu near Lido, not at the Shunyi Clinic.
- \* The Shunyi Clinic has been established as a fever-free clinic. Beijing United Family Clinic-Shunyi will operate as usual for all other patient needs: regular health examinations, immunizations, dental services, and women wellness care. Direct billing to insurance company continues to be unavailable at Shunyi clinic at this time. We regret any inconvenience.
- \* Visitors to the hospital are severely restricted in accordance with international standards.

### **Beijing United Family Hospital and Clinics - Patient Transfer Policy**

This is in accordance with the Municipal Health Bureau regulations and also consistent with our policy of preserving the infection control integrity of Beijing United Hospital & Clinics for all of its patients. Patients of Beijing United Family Hospital & Clinics, whose symptoms are highly suspect of or are confirmed SARS will be transferred exclusively to the Peking Union Medical College West Hospital (PUMC-West) Special VIP Ward. Our physicians will cooperate with the faculty at PUMC-West in setting the patients' treatment plan and follow the patients throughout the course of their illness and hospital stay. Children of foreign nationals can be cared for at the

PUMC-West Special VIP Ward and our pediatricians can cooperate in their care. You would be allowed to stay if you wear full protective gear and sign a release to the effect that you understand the risks to your health. Restrictive visiting policies for SARS patients are in place in hospitals around the world.

Our team of over 50 international and board certified physicians and specialists, English language nurses and newest, state-of-the-art treatment facilities are here to provide you with the highest levels of care, comfort, convenience and confidence. Departments include Family Medicine, Internal Medicine, Intensive Care Unit, Alternative Medicine, Psychology, Pediatrics, Obstetrics and Gynecology, Surgery, Orthopedic Surgery, Physiotherapy, Urology, Anesthesia, Family Dentistry and Orthodontics. Our experienced faculty ensures you reliable and personalized round-the-clock care with the added convenience of our three locations in Beijing and Shanghai.

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<<http://www.bjunitied.com>>

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### **Frequently Asked Questions on Severe Acute Respiratory Syndrome (SARS) April 20, 2003 The Illness**

Q: What is SARS?

A. Acute Respiratory Syndrome (SARS) is an atypical pneumonia. The main symptoms of SARS are high fever (> 38° Celsius), dry cough, and shortness breath or breathing difficulties. Changes in chest X-rays indicative of pneumonia also occur. SARS may be associated with other symptoms, including headache, muscular stiffness, and loss of appetite, malaise, confusion, rash and diarrhea with fever. Q : Is a sore throat a symptom of SARS? A : Not usually. Sore throat is a feature in only about 20% of cases. The most important early symptoms of SARS are high fevers and flu-like symptoms. Most patients report "feeling terrible". Dry cough and other respiratory symptoms may be present early, but sometimes don't appear until a few days into the illness. Q : Is the disease fatal? A : In most cases, no. With early detection and treatment there is a high chance of recovery. More than 95% of patients survive and recover from SARS 80 to 90% of patients do not develop the more severe form of the disease, and begin to recover after about a week. Severe cases are usually seen in patients with pre-existing health problems or who seek treatment at a late stage. The overall mortality rate is about 4%. Treatment Q : What is the treatment for SARS ?

A : While some medicines have been tried, no drug is definitively known to be effective in SARS. Antibiotics are usually prescribed but do not appear to be effective. Experience in Hong Kong and Canada shows that many patients respond favorably to ribavirin (a broad spectrum antiviral drug) and steroid treatment. Other treatment methods are also being developed and tested.

Patients with severe disease (about 10-15%) may require mechanical ventilation to help them breathe. Most of these patients do eventually recover.

Q: Can I come to the hospital for a check-up and receive a health certificate? A : Yes, of course. However the certificate can only say that you have no known SARS contacts and a normal physical examination. It cannot say that you do not have SARS as we have no way of guaranteeing that you aren't in the incubation period, even though it is unlikely.

Transmission

Q : How fast does SARS spread ?

A : The incubation period is short, estimated to range from 2-10 days, with 3-5 days being more common. However, the speed of international travel creates a risk that cases can rapidly spread around the world Q : How contagious is SARS ?

A : Close contact with an infected person is needed for the infective agent to spread from one person to another. Examples include coughing, sneezing, kissing, sharing food or drinks, or having contact with contaminated toys, tissues, or surfaces. The majority of cases have occurred in hospital workers who have cared for SARS patients and the close family members of these patients. The amount of the infective agent needed to cause an infection has not yet been determined

Q : Is it safe to travel ?

A : The World Health Organization has recommended restricting travel to Hong Kong and Guangdong Province. Please consult with the World Health Organization for updated travel information. Masks are recommended when using public transportation such as bus, train and airplane. Prevention

Q : Is there a vaccine against the disease?

A : A vaccine is not yet available.

Q : What steps can be taken to help prevent contracting the disease?

- \* Maintain good personal hygiene: cover your nose and mouth with a tissue when sneezing or coughing, and wash hands immediately afterwards with liquid soap or alcohol hand rub

- \* Wash your hands frequently

- \* Touching your face. Use a disposable towel or a hand dryer to dry hands

- \* Avoid touching your face

- \* Remain at home if you have a fever (adults and children)

- \* Consult your doctor promptly if you develop fever or symptoms of a respiratory infection

- \* Inform your Ayis and Drivers of SARS; make sure they stay home if sick

- \* Clean household surfaces with dilute bleach (1 part bleach to 99 parts water) Pay special attention to doorknobs, railings, light switches, remote controls and other surfaces which people touch frequently

- \* Don't share food or beverages

- \* Don't visit friends if you or they have flu-like symptoms

- \* Use serving spoons when eating from communal dishes (do not use chopsticks)

- \* Avoid large crowds when possible

- \* Develop a healthy lifestyle - proper diet, regular exercise,

adequate rest and do not smoke

- \* Ensure good ventilation at home and in the office
- \* People with respiratory tract infections, or those caring for them, should wear a face mask

Q : What precautions should be adopted if a family member or friend has contracted the disease?

A : People should avoid visiting patients with atypical pneumonia. People who have close contact with patients suffering from the disease should:

- \* Stop work, stay at home and avoid contact with other people for a period of 10 days.
- \* If you must have contact with other people, wear a face mask and observe good personal hygiene.
- \* At home, clean toys and furniture properly (using a solution of 1 part bleach: 49 parts water).
- \* Have groceries delivered.
- \* Pay special attention to your health and hygiene. Wash hands frequently.
- \* Seek early medical advice if feeling unwell.

Q : Can the disease be prevented by wearing a face mask?

A : Yes, a face mask can help prevent the transmission of the disease. Make sure hands are washed before putting on a mask and avoid touching your face. Masks are particularly effective when worn by sick people, as they reduce the amount of droplets released into the person's environment.

Beijing United Family Hospital and Clinics is publishing regular updates to its Information for Patients and Frequently Asked Questions, both of which are also available online at [www.bjunitied.com.cn](http://www.bjunitied.com.cn) <<http://www.bjunitied.com.cn>> together with other information on SARS. If you would like to receive email updates please email to us at [liaison@bjunitied.com.cn](mailto:liaison@bjunitied.com.cn) <<mailto:liaison@bjunitied.com.cn>>

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Disclaimer: This information supplied by Beijing United Family Hospital and Clinics is not intended to create any physician-patient relationship and is not a substitute for in-person medical consultation or examination. Any information is not intended to diagnose, treat, or cure. Always consult a medical professional with any questions you may have regarding a medical condition, and particularly in respect to any symptom that may require diagnosis or medical attention. Never disregard professional medical advice or delay in seeking medical treatment due to information obtained from a Beijing United and Family Hospital Clinics information notice or website. Beijing United Family Hospital Clinics will not be responsible or liable for any direct, indirect, consequential, special, exemplary or other damages arising from use of this information. BJU Community Liaison Office

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