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Rotary
Club of
Hong Kong Island East



TUNG FENG

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Last Meeting: Viral Epidemic: From Seasonal Flu to 2019-nCoV



We had our member Rotarian Freddie deliver a high-level overview about Viral Epidemics and COVID-19. The PowerPoint presentation made by Freddie is extremely detailed and has been circulated among members.

First, Dr. Freddie began by walking us through the difference between a virus and bacteria. Bacteria are treated by antibiotics, but treatments for viral infection are far from being successful. Bacteria and virus are the commonest pathogens that cause diseases. Bacteria can survive and reproduce in a free environment. Virus can only replicate when they are inside the cell of another organism.

Virus cannot be treated by antibiotics. Currently we only have treatment for about 10 types of virus. Even Tamiflu can only reduce mortality rate and is not a true treatment. Only one's immunity can fight a virus, but because of the variety of virus, one cannot get full immunity. Virus also mutate to escape our immunity systems. When the immune system kills the virus, it also kills the host cell. So viral infections can be fatal if the immune system kicks in too late. When there is a very new strain, most people do not have immunity to it and an epidemic forms.

Dr. Freddie then walked us through the history of global pandemics, dating from the Spanish Flu to COVID-19. Dr. Freddie was an acting doctor at Princess Margaret Hospital (PMH) during SARS.

Here are some key points he shared with us:

- Nov 2002 to Jan 2003: cases of atypical pneumonia in Guangdong
- 10/2/2003: China reported to WHO about an outbreak of SARS with 305 cases including 105 health workers causing 5 deaths
- 23/2/2003: Dr. Liu, staff of a hospital in Guangzhou checked into the Metropal Hotel at Yau Ma Tei, started the global spread by infecting guests going to different countries
- 4/3/2003, a man admitted to Ward 8A of Prince of Wales Hospital, he had visited a friend at Metropal Hotel. 99 hospital staff were infected afterwards
- 25/3/2003: outbreak of Amoy Gardens started
- 26/3/2003: Director of Health noticed that PMH treated about 100 SARS patients without any staff being infected, she recommended PMH to receive and treat all the SARS patients of HK.
- 29/3/2003: PMH started to receive all the SARS cases in HK. 555 SARS patients were admitted in the first week
- All doctors from ICU and Dept of Medicine were deployed to SARS wards
- 30/3/2003: staffs of PMH started to fall ill with SARS
- 5/4/2003: nearly the whole team of doctors and nurses of ICU had been infected with SARS
- 11/4/2003: New case admission to PMH was stopped, each major hospital in HK had to treat its own cases of SARS

Lessons from SARS:

- Concentrating all patients of an infectious disease in one single hospital is not feasible when the number of patients is large
- HK has one of the highest mortality of SARS in the world. Initial success of high dose steroid may be a cause. Medication that works well in a few patients may be harmful to the majority
- HK medical system is fragile, large amount of resources must be put in
- The fault of HK government? After SARS, most citizens mainly concern on the economy, then they move their focus to housing, and recently to politics
- Who would like to take money out of his own pocket to improve the healthcare of HK?

COVID-19

- More like influenza than SARS
- Symptoms are relatively mild as compared with SARS
- Percentage of infected children is small, tends to have mild symptoms if infected
- Overall mortality rate 2.5%
- Mortality within Hubei province: 2.8%
- Mortality outside Wuhan: 0.57%
- Much lower than SARS (9.6%), approaching that of seasonal flu (0.1%)
- Prospective of COVID-19
Long incubation period, many mild or asymptomatic cases
- May be more difficult to stop the spread of the disease than SARS
- This outbreak will last at least for several months. The virus may not disappear in summer as the case of SARS
- Fear may be more destructive than the disease
- Long period of preventive measures that hurts the economy may be highly detrimental to the economy
- Must be rational in putting up preventive measures

The Observer

- P Gilbert called the meeting to order at 1:03 p.m.
Members attending were: P Gilbert, PDG YK, PP Andrew, PP Andy, PP Henry, PP George, PP Norman, PP Stacy, PP Rudy, PP William, Rtn. Bernard, Rtn. Freddie, Rtn. Peter, Rtn. Rico, Rtn. Tony.
- P Gilbert delivered the following updates:
 - The Rookie Star Dance Contest has been postponed until June 2020.
 - Visit from Taipei is cancelled, the trip status of our Visit to our Japanese Sister Club Anniversary party is currently unknown (pending the COVID-19 situation) .
 - The 90th Anniversary of RC Niigata is scheduled from April 20 – 22nd 2020. Members please register with PP William.
- PP Stacy celebrated her birthday, she requested for PP George, PP Andrew and PDG YK to be the song leaders. Happy Birthday PP Stacy!
- Rtn. Tony thanked Rtn Freddie for the sharing in our usual Rotarian manner.
- PP Rudy reported the Red Box: 1,300HKD
- Meeting Adjourned at 2:15 p.m.



Out and About



Rotarians of District 3450 Lend a Hand.

– **Surgical Mask Distribution to the Needy.** In an effort to support our communities, District 3450 has donated 100,000 surgical masks to the needy. It was a grand effort and act of service to repackage 48,000 masks at the RIC office in Causeway Bay. Our members PP Norman & Rotary-Ann Isa and PP Nancy attended this meaningful service. They said it was such a great and meaningful service.

Wonderful News About PP Jonathan's Son

Dear All Fellow Members of HKIE,
PP Jonathan has wonderful news about his son Jayden's recovery. Below please find his message:

Dear All,

I wanted to share a very happy news with you, Jayden surgery is successful and after 2 months, the tumour report arrived (doctor tested the tumour they took from the surgery), and confirmed a good result of 99.7% (I think meant cancer cell killed 99.7%), so now he has to finish the another 3-4 months of chemo treatment then Jayden can go home. I believe this is a miracle from God, and thank you for all of your praying to Jayden.

We believe with the blessing from God, everything will be wonderful.

Thank you again to all your praying and blessing to Jayden. Appreciated 🙏

PP Jonathan Lamport



Here is a heartwarming photo of PP Jonathan with his son Jayden. All smiles and full of positivity and cheerfulness!

All of us members of Rotary Club of HK Island East wholeheartedly support and cheer his successful recovery! All the best to Jayden!

Club Announcements

1. Sister Club Visits cancelled.



March Birthdays

Happy Birthday to our Splendid Rotarians!
March 2nd PP Andy Wong & PP David Li
March 10th Rtn. Jason Chiu
March 18th Rtn. Angus Leung



Laugh of the Week:

A piece of string walks into a bar and orders a drink. The bartender looks at him and says, "We don't serve string here." So the string goes outside, twists himself up a bit, kind of roughs up his ends and walks back into the bar and orders a drink. The bartender looks at him and says, "Aren't you that little piece of string that was in here a few minutes ago?" The string says, "No sir, I'm a frayed knot."

Club postal address : P.O.Box 47064, Morrison Hill Post Office, Hong Kong

Meeting Venue : Regal HK Hotel, Causeway Bay, Hong Kong

Meeting Schedules : Every 1st and 3rd Wednesday at 12:30 pm

Website : <http://hkie.rotary3450.org/>