H1N1 Novel Influenza Update

Saint Paul – Ramsey County Department of Public Health

Fall 2009

What is Influenza?



A highly contagious virus

Many types and subtypes
Can change quickly
Can infect birds, pigs, and humans

Flu Symptoms

- Sudden onset of fever, chills, muscle aches, headache, fatigue
- Cough, sore throat, sometimes runny nose
- Symptoms similar to many other illnesses



Warning Signs

Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen

Pregnant women

- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Decreased or no movement of your baby
- High fever that is not responding to Tylenol

Children

- Fast breathing or difficulty breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up/interacting
- Flu-like symptoms improve but return with fever and worse cough
- Fever with a rash

How Does Influenza Spread?



Person-to-person

Mostly through coughing and sneezing

Sometimes by touching contaminated surfaces and touching own eyes, nose, or mouth

Average Annual Impact of Seasonal Influenza in U.S.

• 5-20% infected

- Over 200,000 hospitalized about 50% are older than 65 years of age
- 36,000 deaths about 90% are older than 65

What is an Influenza Pandemic?

- A worldwide epidemic caused by an influenza virus.
- Factors responsible:
 - New virus
 - Able to spread person-to-person
 - Lack of immunity
 - Highly infectious
- On June 11, 2009, the World Health Organization declared novel H1N1 an influenza pandemic.

Seasonal Influenza vs. H1N1

• Similarities:

- Spread
- Prevention and treatment
- Incubation period
- Contagious period
- Differences:
 - Impact different age groups
 - Require different vaccines
 - Genetics

Current Profile of H1N1

- Median age of U.S. confirmed cases: 15 years (range: 1 month – 86 years)
 - Mainly impacts young people
 - 62% are under 18 years
 - Incubation period estimated 1-7 days
 - Human-to-human transmission
 - Acquired through contact with sick people, not pigs
 - Severity so far similar to seasonal flu

H1N1 in Minnesota

- H1N1 started here in spring 2009, cases became widespread throughout the state.
- First H1N1 wave peaked in June.
- Continued to circulate through the summer.
- Second wave began in September.
 - Widespread across state.
 - More than 300 confirmed H1N1 cases in MN by early October (total number for spring and fall).

Disease Severity

- Most people recover without medical care.
- Severity has not changed.
- However, it has shown that it can cause severe disease and death in some.
 - Seven deaths in MN have been attributed to H1N1 as of 10/5.

H1N1 High Risk Groups

- Older adults appear to be at lower risk for infection.
- Pregnant women
 - Four times as likely to be hospitalized if they are infected.
- Children under five
 - In MN, children under five have been hospitalized at twice the rate of children aged five to 12.
- Persons with chronic health conditions or weakened immune systems.



Protect Yourself Against the Flu

- Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available.
- Keep frequently touched common surfaces clean, such as telephones, computer keyboards, doorknobs, etc.
 - Avoid using other workers' phones, desks, offices, or other work tools and equipment if possible. If you need to, clean it first.
 - Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow or sleeve.
 Dispose of tissues in no-touch trash receptacles.

Protect Yourself Against the Flu

- Get vaccinated against seasonal flu. Contact your healthcare provider or worksite clinic.
- Get vaccinated against H1N1. If you are at higher risk for H1N1 complications you should receive the H1N1 vaccine when it becomes available.
 - Be aware of H1N1 symptoms generally the same as those for seasonal flu. H1N1 symptoms include fever of 100 degrees or more with sore throat or cough. Symptoms may also include: runny or stuffy nose; body aches; vomiting, and/or diarrhea.

Stay Home if Sick with the Flu

- Stay home until 24 hours after your fever subsides.
 - Applies for the majority of people.
- Stay home until seven days after your symptoms started – or 24 hours after symptoms go away – whichever is longer.
 - Programs serving children under five
 - Health care settings



H1N1 Medications

- With rare exceptions, novel H1N1 flu is sensitive to Tamiflu and Relenza.
- Tamiflu and Relenza need to be individually prescribed by a physician and are normally made available through the private sector health care system.
- If shortages of these drugs occur in the privatesector health-care system during a pandemic, public stockpiles can be used to fill the gap.
- Enough antivirals for more than one million courses of treatment from government stockpiles are available for use in Minnesota.

Treatment Recommendations

• Reserve antiviral treatment for

- Hospitalized patients who are suspect/probable/confirmed cases
- Persons who are suspect/probable/confirmed cases with mild, uncomplicated acute febrile respiratory illness AND who are part of a highrisk group

Prophylaxis Recommendations

- Asymptomatic household or other close contact of
 - A suspect/probable/confirmed case,
 - or someone linked to a suspect/probable/confirmed case who is part of a high-risk group for complications of influenza
- Healthcare workers who did not use appropriate personal protective equipment during close contact with a suspect/probable/confirmed case during the case's infectious period
- Consideration for chemoprophylaxis will be given for atypical situations (such as case clusters).
 Contact MDH for consultation.

Personal Protective Equipment

Standard and droplet precautions

- Recommended for all patient care activities
- Airborne precautions
 - Recommended for all aerosol-generating procedures
- Stay tuned

H1N1 Vaccine

- The H1N1 vaccine began arriving in Minnesota the week of October 5th.
- Eventually, enough H1N1 vaccine for everyone who wants it – but not right away.



Initially, health care and emergency medical workers will be targeted first.

H1N1 Vaccine Priority Groups

- Due to limited supply, sub prioritized for:
 - Pregnant women
 - Live with or care for children 6 months or younger
 - Healthcare workers and EMS
 - Children 6 mos to 5 yrs of age
 - Children 5 to 18 yrs of age with an underlying medical condition

H1N1 Vaccine

- Vaccination is voluntary.
- Single dose for most people.
- You can get both kinds of flu vaccine together if:
 - You get shots/injections for both kinds of flu.
 - You get a shot for one kind of flu and the nasal spray vaccine for the other kind.
- You cannot be vaccinated for both kinds of flu at the same time using only the nasal spray vaccine.
 - The two doses of nasal spray vaccine would need to be given at least 4 weeks apart.

H1N1 Vaccine Safety

- Monitored for severe adverse events before widespread use.
- Continuously monitored for rare adverse events after widespread use.
- Produced the same way as the seasonal fluvaccine.
 - The seasonal vaccine has a history of several decades of safe use.
- Flu vaccines used in the U.S. do not contain adjuvants.
- Some thimerosal-free formulations available.

Guillain-Barre Syndrome

- A rare nerve disorder, causing muscle weakness and sometimes paralysis.
- In 1976
 - Risk of getting GBS after receiving influenza (swine flu) vaccine was slightly higher than the background rate for GBS.
- Since 1976
 - Two studies (out of many) suggest approximately 1 additional person out of 1 million vaccinated may develop GBS.
 - The risk of getting severely ill from influenza illness far outweighs the risk of getting GBS following the flu vaccine.

Flu Shot Side Effects

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches
- Nausea
- Severe allergic reaction (rarely)

Nasal Spray Side Effects

Children

- Runny nose
- Wheezing
- Headache
- Vomiting
- Muscle aches
- Fever

Adults

- Runny nose
- Headache
- Sore throat
- Cough

H1N1 Communications

Credible information sources for the latest on H1N1: • Centers for Disease Control and Prevention http://www.cdc.gov/H1N1FLU/

FluGov
 <u>http://www.flu.gov/</u>

 Minnesota Department of Public Health <u>http://www.health.state.mn.us/index.html</u>

 Saint Paul - Ramsey County Public Health http://www.co.ramsey.mn.us/ph/

Public Health's H1N1 Page

access via our main public health home page at

http://www.co.ramsey.mn.us/ph/



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Latest News on H1N1

CDC Updates - English | Spanish

General Information

Swine Flu and You - English | Spanish Staving Healthy When Flu is Around (pdf) | H1N1 and Pregnant Women (pdf) | Why Don't We Do It In Our Sleeves 🔤 | CDC Flu Prevention

Resources for Employees

Our New H1N1 Blog at www.HealthyRamsey.org



Healthy Ramsey News from Saint Paul – Ramsey County Public Health

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October 1st, 2009 | Leave a comment

Updated Guidelines for Child-Care & Pre-School Settings

From the Minnesota Department of Health:

The Minnesota Department of Health (MDH) has issued updated recommendations for handling influenza-like illness in child care settings and early childhood education programs that serve children under the age of five | read more.

More information, go to mdhflu.com

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September 25th, 2009 [Leave a comment

More Resource Links Added

Check out the column on the right for downloadable and printable posters and fact sheets about H1N1 created by Ramsey County, the Minnesota Department of Health and the federal Centers for Disease Control and Prevention. Resources will be added as more are made available. Check back here often. To make sure you don't miss anything, subscribe to this page using your preferred news reader or by email.

H1N1 Resources

CDC Resources for Employers and Businesses CDC Resources for Parents MDH Cover Your Cough MDH Hand Hygiene



What will H1N1 do?

- Influenza is notoriously difficult to predict. As winter approaches, H1N1 could...
 - Stay with us, but with no change in the severity of the illness it causes.
 - Develop the ability to cause more severe illness, possibly even mimicking the severe, life-threatening pandemic of 1918.
 - We need to be prepared for whatever might happen.
 Even if H1N1 doesn't cause more severe illness, the combination of widespread illness from both H1N1 and seasonal flu this fall, could severely challenge our health care system.