

Influenza A(H1N1) What you need to know

General Staff Meeting July 29, 2009

Gary M. Koritzinsky, M.D., PAHO Medical Director

Extent of H1N1 Outbreak as July 27, 2009

- 155 countries
- 134,503 documented cases
- 816 deaths

 In the US there have been 302 deaths and the CDC estimates there have been more than 1 million cases

Definitions

- Pandemic Influenza: Global outbreak of a new strain of influenza. Minimal if any pre-existing immunity in the population, resulting in a greater likelihood of illness from exposure in otherwise healthy populations.
- In a recent analysis of the current H1N1 pandemic 60% of patients were 18 years old or younger and 95% were 50 years old or younger.
- Seasonal Influenza: Can also be a global outbreak, but is due to a virus that has previously circulated and there is pre-existing immunity in the community. Because many individuals have some pre-existing immunity, the infection is less severe than with a pandemic influenza.

Definitions

- WHO Pandemic Phase 6: Increased and sustained disease outbreak in more than 1 region in the world. Phases based on geographical distribution, not severity of disease.
- Transmissibility of the influenza virus refers to how easily the virus is spread from person to person (currently low in avian influenza A(H5N1) and moderate in the current new influenza A(H1N1) outbreak).
- Pathogenicity of the virus refers to the ability of the virus to cause severe illness and/or death (currently high in avian influenza A(H5N1) and low in the current new influenza A(H1N1) outbreak).

Symptoms

Fever	94%
-------------------------	-----

- Cough 92%
- Sore Throat 66%
- Diarrhea 25%
- Vomiting 25%

Treatment

- Oseltamivir 75 mg twice daily for 5 days. Most effective if started within 48 hours of onset of symptoms.
- Post-exposure prophylaxis to prevent infection is oseltamivir 75 mg daily for 10 days after the last exposure.
- Safe for pregnant women.
- Dose adjustment for children.
- Side effects: Neurologic side effects in children including delirium. Gastrointestinal side effects in children and adults include abdominal pain, nausea, and vomiting.

Who do you treat: High Risk Individuals

- Taking a medication that can suppress their immune system such as steroids, chemotherapy, or some of the newer medicines for rheumatoid arthritis.
- Have a chronic medical condition such as diabetes, COPD (emphysema), kidney disease, cancer, heart disease, obesity, HIV disease, or are pregnant.
- Children younger than 5 years old. The risk for severe complications from seasonal influenza is highest among children younger than 2 years old.
- Adults 65 years of age and older.
- Persons younger than 19 years of age who are receiving longterm aspirin therapy.

Low Risk Individuals

- In most cases the current influenza A(H1N1) virus follows a course similar to that of seasonal influenza. In many cases, individuals who do not have any underlying medical problems and are not pregnant do not need to be treated with anti-viral medications, however their personal physician should be consulted.
- It is important for the staff outside of the US to understand that the treatment guidelines by their local UN physician and their country health ministries take precedent over these guidelines.

Go to Work or Stay Home

- Do not come to work if you have a temperature greater than 38°C and have a cough, shortness of breath, or sore throat. If you are sick with these symptoms you should seek medical care. If you have a confirmed or probable case of influenza A(H1N1), you should remain at home for 7 days or until the fever is resolved, whichever is longer.
- Staff members who have an ill family member with influenza A(H1N1) should go to work as usual, but should monitor their temperature twice daily. If they develop fever and respiratory symptoms as described above they should remain at home according to the guidelines stated above.

How to minimize exposure

- Frequent hand washing
- Covering your mouth and nose with a tissue when coughing or sneezing
- Avoid touching your nose, mouth or eyes
- Become "touch aware", and avoid touching surfaces that are likely to have been touched by others (door handles, stair railings, etc)

How to minimize exposure

- It is strongly advised that telephones not be shared, but if they must, the handset that one speaks into should be wiped with an anti-viral wipe
- If you are in a community where an outbreak has been reported and strict social isolation has been recommended, avoid handshaking, social kissing, and other social rituals that involve touching others

Facemasks

- In the community the benefits of wearing masks have not been established, especially in open areas.
- Nonetheless, many individuals may wish to wear masks in the home or community setting, particularly if they are in close contact with a person with influenza-like symptoms, for example while providing care to an ill family member.
- Using a mask can enable an individual with influenza-like symptoms to cover their mouth and nose to help contain respiratory droplets, reducing the risk of exposing others.

Supplies

- Acetaminophen (Tylenol) or paracetamol
 - (Avoid use of aspirin. If on aspirin for medical condition, discuss with treating physician.)
- Thermometer
- Alcohol based waterless hand cleanser. Should contain at least 60% alcohol.

2 week supply of food and medications.

Resources - Websites

- PAHO Intranet Website: Click tab Information for PAHO Staff
- PAHO Pandemic Influenza Website
 http://new.paho.org/hq/index.php?option=com_content&task=blogcategory&id=805&Itemid=569&Iang=en PAHO Pandemic
 Influenza Website
- WHO Pandemic Influenza Website <u>http://www.WHO.int/csr/disease/swineflu/en/</u>
- CDC Pandemic Influenza Website <u>http://www.cdc.gov/h1n1flu/</u>

Resources - Websites

- GIB (HQ/FO-09-51) on Influenza A(H1N1) July 9,2009
- PAHO Contingency Plan for an Influenza Pandemic
- UN Medical Directors Influenza Pandemic Guidelines
- NEW INFLUENZA A(H1N1) INFORMATION FOR STAFF
 - Interim Recommendations June 11,2009
- Information for Staff and Their Families During an Influenza Pandemic
- Tamiflu Mixing Instructions for Pediatric Dosing Using 75 mg tablets

SharePoint Website to contain all of these documents as a web-based learning program:

https://portal.paho.org/sites/hrm/tng/LearninEvents/flupandemic/Default.aspx

Final Thoughts

- Get seasonal flu vaccination
- Keeping ones perspective:
 "Between the extremes of panic and complacency lies the solid ground of vigilance."
 (Margaret Chan July 2, 2009)

Thank you