

2009 Influenza Update

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Influenza Update

- Influenza Facts
- Influenza Disease
- Protection, Treatment and Medical Care
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Seasonal Influenza Facts

- Influenza can be a serious viral illness, but even a mild infection can keep you from work, school, and other activities.
- Average of more than 200,000 people in the United States are hospitalized each year due to influenza complications.
- An estimated 36,000 people die of seasonal influenza-related causes in the United States.
- Seasonal influenza significantly impacts children under 5 years of age, elderly 65+ years, pregnant women, and those with serious medical conditions.



H1N1 Influenza Facts

- This new virus was first detected in the United States in April 2009.
- Utah's first case was confirmed on May 2, 2009 in Summit county.
- On June 11, 2009, the World Health Organization (WHO) officially declared the 2009 H1N1 flu outbreak a pandemic.
- It is spread from person-to-person worldwide in the same way that seasonal influenza viruses spread.
- Illness with 2009 H1N1 virus has ranged from mild to severe. Most people who have been hospitalized with the 2009 H1N1 virus have had 1 or more medical conditions, including pregnancy, diabetes, heart disease, asthma and kidney disease.
- Young children and pregnant women are significantly impacted and unlike seasonal influenza, people 65 years and over are the least likely to be infected with the H1N1 virus.

Influenza in Utah

- Influenza outbreaks can happen as early as October. Most of the time influenza activity peaks in January or later.
- For the past 2 seasons in Utah, influenza peaked around the end of February.
- Utah reported 504 influenza-associated hospitalizations and 1 pediatric death during the 2008 seasonal influenza season.
- Most influenza-associated hospitalizations occurred in children less than 5 years old and with known risk factors for severe disease or influenza-related complications.
- Utah reported over 300 cases of H1N1 influenza with 18 deaths during the 2009 spring H1N1 outbreak.



Influenza - Disease

- Spreads from person to person in respiratory droplets of coughs and sneezes.
- Spreads when a person touches contaminated objects and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.
- The influenza virus may survive on environmental surfaces and infect a person for 2 to 8 hours after being deposited on the surface.



Top Five Hot Spots for Germs



Influenza - Incubation

- Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.
- Children may pass the virus for longer than 7 days.
- You may be able to pass on the influenza to someone else before you know you are sick, as well as while you are sick.



Influenza - Symptoms

- Influenza usually comes on suddenly (1-2 days), may last up to 5 days and include these symptoms:
- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea are more common in children than adults.



Seasonal Influenza - Protection Step 1: Vaccination

- Vaccination reduces your risk of becoming ill and spreading it to others.
- The seasonal influenza vaccine protects against the 3 most common strains of influenza viruses that are currently circulating.
- There are two vaccine types: live-virus nasal spray and the inactivated injectable (shot).
- Yearly vaccination is especially important for people at high risk of serious influenza complications:
 - Young children
 - Pregnant women
 - Health care workers
 - People with serious health conditions
 - People 65 years and older



H1N1 Influenza - Protection Step 1: Vaccination

- The H1N1 vaccine is made the same way the seasonal influenza vaccine is made. It is just a different virus strain.
- There are 2 vaccine types: weakened live-virus nasal spray and injectable (shot).
- Children under 10 years of age need 2 doses separated by 1 month. Older children and adults need only 1 dose.
- The nasal spray vaccine can only be given to healthy people 2 to 49 years of age who are not pregnant.
- The two live-virus nasal spray vaccines for seasonal and H1N1 influenza must be separated by 21-28 days.
- The preservative, thimerosal, has not been shown to be harmful to pregnant women or to the developing fetus.
- Limited supplies of preservative-free vaccines will be available.

H1N1 Vaccine Priority Groups

- Pregnant women
- People who live with or provide care for infants younger than 6 months (e.g., parents, siblings, and day care providers)
- Health care and emergency medical services personnel
- People 6 months through 24 years
- People 25 years through 64 years who have certain medical conditions that put them at higher risk for influenza-related complications.

Utah H1N1 Vaccine Distribution

- Routine shipments will come throughout the season and supplies are limited.
- Vaccine is delivered directly to Utah's 12 local public health departments (LHDs) from the central distribution center.
- LHDs are targeting groups who will benefit the most from vaccination.
- Priority groups eligible to receive the H1N1 vaccine vary by health district.
- Vaccination plans vary by health district. Some will utilize other community providers, such as pharmacies, schools and hospitals.
- Vaccination will open up to others such as those 65+ years of age after priority groups are vaccinated.



Influenza - Protection Step 2: Preventive Actions



Influenza - Protection Step 2: Preventive Actions

- Cover your nose and mouth with a when you cough or sneeze or cough into your elbow.
- Wash your hands often with soap and water or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Try to avoid close contact with sick people.
- Face masks or respirators generally are not recommended for home and community use.
- If you are sick with influenza-like illness, stay home for at least 24 hours after your fever is gone without a fever-reducing medicine.
- This does not apply to healthcare workers.
- Follow public health advice regarding school or business closures and avoiding crowds to lessen the spread of disease.

Influenza - Protection Step 3: Treatment

- Take antiviral drugs if your health care provider recommends them.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious complications.
- For treatment, antiviral drugs work best if started within the first 2 days of symptoms.
- During the H1N1 pandemic, antiviral medicines are primarily recommended for people at high risk for serious illness.



When to Seek Medical Care

- Most people with the influenza who are generally in good health will recover without needing to visit a health care provider.
- Contact primary health care provider first:
 - High risk people who are ill
 - People with more severe influenza symptoms
- Seek urgent or emergency care if you have *severe illness or can't reach your health care provider*.
- Take sanitary precautions while in the waiting room to avoid exposing others.
- The best time to call your health care provider or seek urgent or emergency care is first thing in the morning.



Preserving the Health Care System

- Seek care in the appropriate places for appropriate reasons. For example, call your physician's office first. Don't just show up if you are unsure whether a visit is necessary.
- Make sure you have a primary care physician that you can call if you become ill, rather than immediately going to the emergency department.
- Avoid having more than one support person with a patient in a health care setting and avoid "tagalongs" under 12 years of age in physician offices, hospitals, etc.
- Avoid visiting the maternity ward at hospitals. This will prevent spreading germs and illness to newborn children and mothers who are more likely to get seriously ill.
- Get vaccinated if you are a health care worker and stay home from work if you have flu-like illness.
- Postpone elective procedures to avoid overcrowding and overextending hospitals and facilities. Hospital staffs may also divert patients to other hospitals.

Community Mitigation

- Isolation
- Quarantine
- Community Social Distancing
- Workplace Social Distancing
- School Dismissal/Closures

Isolation

- People with influenza should remain at home until at least 24 hours after they are free of fever without use of fever-reducing medications.
- Change from previous recommendation of "7 days after illness onset or until 24 hours after resolution of symptoms, whichever is longer."
- Most people in the spring had fever for 2-4 days.
- Does not apply to healthcare workers.



Quarantine

- Applies to exposed people who are not ill.
- Separates those who may become infectious from healthy people.
- Recommended for 7 days after illness onset in household members.
- Quarantine of household contacts of ill persons is not recommended at this time.
- Household contacts should monitor their health daily, and practice good hygiene, including hand washing and respirator use, if appropriate.
- If they become ill, they should stay home.



Community Social Distancing

- Used to decrease the frequency of contact between people.
- Cancels or modifies large public gatherings and limits congregation of people in public places.
- Closure of public places and cancellation of public gatherings are not anticipated for the 2009-2010 influenza season.
- Some organizations may choose to modify customs or practices, as they would in a typical influenza season.



Workplace Social Distancing

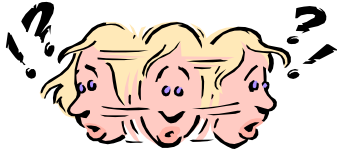
- Used to limit exposure to influenza while keeping workplaces open for business.
- Utilize telecommuting, teleconferencing, staggered shifts or reassign workers to duties with less person to person contact.
- Advise ill workers to stay home, send home workers that become ill during the day.
- Allow flexible leave policies:
 - Ill workers
 - Caretakers
- Do not require doctor's note for validation of illness or return to work.
- Recommendations may change if severity of illness changes.

School Dismissal

- To prevent transmission in the community at large.
- Period of dismissal varies by severity of pandemic, up to 12 weeks.
- Selective school dismissal:
 - School where many or all students are high risk
 - Excessive absenteeism
- Recommendations may change if severity of illness changes.



Questions



Resources

Utah Flu Vaccine Locator:

- <http://www.immunize-utah.org>

Seasonal Influenza:

- <http://health.utah.gov/epi/diseases/flu/index.htm>
- <http://www.cdc.gov/flu>

H1N1 Influenza:

- <http://health.utah.gov/epi/h1n1flu/>
- <http://www.cdc.gov/h1n1flu/>
- <http://www.flu.gov>

Pandemic Planning:

- <http://www.pandemicflu.utah.gov/>
- <http://www.pandemicflu.gov/>

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