



May 4, 2009 Update #10

**SITUATION UPDATE:**

Swine Origin Influenza Virus (SOIV) H1N1 Situation Update:

Most up-to-date information for public 360-709-3080 and [www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)  
CDC Web Site [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

**Thurston County:** We have documented Influenza B cases and have a few pending tests at the DOH. We do not have any probable cases identified to date.

**Washington State:** There are hundreds of cases awaiting testing at DOH lab. We expect 95 – 99 % of Probable cases in Washington State to become confirmed when CDC gets to them.

**World:** WHO Pandemic Phase 5: Novel virus, out of season, sustained person to person transmission in 2 countries, Probable or confirmed cases in 44 states, 34 countries

- Morbidity/Severity - Low: no worse than typical Season Influenza
- Mortality - Low: Only 1 US death was imported.
- This is prompting conservative care approach, "Do what you would normally do during influenza season"
- Expect announcement of move to Phase 6 due to geographic distribution, does not take into account severity.
- As in any seasonal influenza, there may be deaths.

**Case Definitions:**

- Confirmed Case - Febrile Respiratory Illness with lab confirmed H1N1 at CDC by either rRT-PCR or Viral Culture
- Probable Case - Febrile Respiratory Illness with Nasal Swab positive for Influenza A but negative for H1 and H3 by rRT-PCR.
- Suspect Case - Acute Febrile Respiratory Illness within 7 d of close contact with person with confirmed case H1N1 or travel to community with confirmed case or resides in community with confirmed case.

**DOH Laboratory Testing limited to:**

- Asymptomatic persons and persons who were ill but are no longer ill should not be tested.
- Do influenza testing only on cases where the results would change your clinical management.
- Unexplained severe hospitalized cases or fatal cases
- High risk groups: health care provider, pregnant, age < 1 year
- Suspected outbreak where the test result will change public health actions
- Influenza-like illness in a county without a prior probable or confirmed case



**Main Message:** Prevent person to person transmission

- Wash hands frequently, cover cough (Surgical Masks, tissue, bandana), stay home when ill, avoid ill people and crowds
- There are no community measures restricting travel.
- Schools are being asked to exclude kids who are ill from going to school, keep track of percentage of school children and staff absent due to influenza like illness.
- Prevention – cover cough, wash hands, stay home when ill, avoid crowds
- Self Care: Rest, fluids, Acetaminophen, NSAIDs (not ASA in Children), Rest. Antibiotics do not help

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Report all suspect cases to 24 hour recorded line at 360-786-5470

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School Closures: None presently recommended in Thurston County

- Continued collaboration between school officers and Public Health Department
- Not recommended for single case (given present severity of illness)
- Continued monitoring will occur
- FOCUS:



- keep ill students and staff at home x 7 days for illness and recuperation
- enlist parents and care givers to assess child for symptoms daily
- screen at school and those found to be ill to be isolated and sent home

Anti-Viral Medications:



- Antiviral medications should only be used for patients that you routinely would prescribe them for during seasonal influenza.
- Tamiflu (Oseltamivir) or Relenza (Zanamivir) are both effective against Swine origin Influenza virus H1N1
- Most effective if started within 48 hours of symptom onset, but may help if started after 48 hours if a high risk patient.
- Appropriate for:
  - Seriously ill patient with H1N1 Influenza
  - Sepsis like syndrome
  - Severe enough to be considering hospital admission if disease progresses
  - What a clinician usually prescribes for during regular influenza season
    - Patients at high risk of complications
    - High Risk contacts of influenza
    - Health care workers with exposure to droplets from an ill patient when mask or other protection was not working
- Antiviral medications for public health use in the Strategic National Stockpile (SNS) will become available to county health departments this week.
  - Medications by prescription only
  - Restricted for use as above
  - Will be available through select pharmacies throughout the county.

Drug/Dose Information for Oseltamivir (Tamiflu):

- ✓ Initiate treatment within 30 hours of onset of symptoms; duration of treatment: 5 days
- ✓ Initiate prophylaxis within 2 days of contact with an infected individual; duration of prophylaxis: 10 days.

Age Range	Weight (kg)	Treatment For 5 days	Prophylaxis For 10 days
Children: 1 to 12 years	≤ 15 kg	30 mg twice daily	30 mg once daily
	> 15kg to ≤ 23 kg	45 mg twice daily	45 mg once daily
	> 23 kg to ≤ 40 kg	60 mg twice daily	60mg once daily
	> 40 kg	75 mg twice daily	75mg once daily
Adolescents ≥ 13 years and Adults		75 mg twice daily	75mg once daily

\*Medication should generally be discontinued within 24-48 hrs after the disappearance of signs or symptoms