



May 6, 2009 Update #11

SITUATION UPDATE: May 6, 2009

Swine Origin Influenza Virus (SOIV) H1N1

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

Thurston County: We have documented Influenza A and B cases and have a few more pending tests at the DOH lab. The Influenza A cases are H1 or H3 similar to the flu circulating this past few months. We do not have any probable or confirmed swine flu cases identified in Thurston County to date.

Washington State: There are over 800 cases awaiting testing at DOH lab. There are now 23 confirmed cases and 46 probable, most of which will likely become confirmed in the next few days.

- Morbidity/Severity - Low: no worse than typical Season Influenza

United States:

- Mortality - Low: 2 US deaths - One was imported. Second person with multiple underlying morbidities

Influenza Testing:

- 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
- Do not test Asymptomatic, minimally ill persons and persons who were ill but are no longer ill.
- If you are unsure or feel that you need a specimen tested at the state lab, contact public health 360-867-2535 so we can facilitate the process.

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.
- Self Care: Rest, fluids, Acetaminophen, NSAIDs (not ASA in Children), Rest. Antibiotics do not help

School Closures: None presently recommended in Thurston County

- FOCUS: To keep ill students and staff at home x 7 days for illness and recuperation

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



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Anti-Viral Medications:

- Antiviral medications should only be used for seriously ill patients that you routinely would prescribe them for during routine seasonal influenza.
- Because of the fact that many influenza cases are actually from circulating seasonal influenza strains, EMPIRIC treatment for severely ill individuals with both Oseltamivir and Rimantidine is strongly recommended. Many H1N1 strains this past season were resistant to Oseltamivir (Tamiflu.) Zanamivir (Relenza) can be used as a single agent to treat both swine flu and seasonal flu but is more difficult to use in patients with respiratory compromise.
- Most effective if started within 48 hours of symptom onset, but may help if started after 48 hours if a high risk patient.

Use of Public Health Stockpile in Thurston County:

- Antiviral medications for public health use in the Strategic National Stockpile (SNS) have been received for Thurston County.
- Medications are by prescription only from designated pharmacies and must be used based on public health directives.
- Public health stock is currently limited for use in suspected "Swine origin Influenza Virus cases" and high risk contacts of such cases, if needed.
- Prescriptions must include the statements "Public Health Stock" and "Must be filled within 2 days of issue" and presented to a participating pharmacy on the list. There is no cost to the patient.
- There is ample medications available throughout the community currently and patients with prescriptions can call the Health Department if they are having a difficult time locating a pharmacy with available supply.

Pandemic Preparedness for the Provider Office

- It is not too late to consider pandemic preparedness measures for your clinics. Please check our website after May 8, 2009 for "Guidance for Practitioners - Pandemic Preparedness"
- This checklist will take you through the decisions you have to make before a more severe pandemic arrives.

Internet /Direct Mail Offers of Protective Equipment and Medications:

- Be wary of possible scams -"If it sounds to good to be True, it likely is"

Comments and suggestions for improvement in the communication process can be sent to greniep@co.thurston.wa.us with the SUBJECT LINE: Pandemic alert suggestions

Thank you all for your support, attention and response to this Pandemic Alert.
We will all be better prepared for the real thing!

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