

# Novel Influenza A: H1N1 Review and Update

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# Novel Influenza A: H1N1

- New respiratory illness first reported in Mexico March - April, 2009
- Has genes from flu viruses that circulate in pigs, birds and humans
- Approximately half of flu cases being reported
- Spread: easily from person to person.

Thought to be similar to seasonal influenza

- Coughing, sneezing
- \*Hands
- NOT spread by eating pork

# Symptoms: Same as Seasonal Flu

- Fever
- Cough
- Sore throat
- Runny nose, sneezing
- Muscle and joint aches
- Fatigue
- Headache



# Impact to Date (May 19, 2009)

- **U.S.**
  - 5,469 probable or confirmed cases
  - 6 deaths
- **Worldwide**
  - 9,830 confirmed cases
  - 79 deaths

*Cases numbers likely “tip of iceberg”*

# Novel Influenza Virus: Impact

- Initial worry: more severe, esp. in younger people
- Risk of severe disease now appears to be less than originally thought
- At this point, older population seems to be less effected

# Guidelines



- Wash hands often
- Cover your mouth and nose with a tissue when you sneeze. Throw the tissue in trash.
- Avoid touching your eyes, nose, mouth
- Stay home if you are sick
  - For 7 days after symptoms started or for 24 hours after symptoms end, whichever is longer
- Seek medical attention if:
  - Difficulty breathing
  - Severe respiratory symptoms develop after getting better from influenza like illness

# Treatment

- **Antivirals**

- Neuraminidase inhibitors:

- Oseltamivir (Tamiflu), Zanamivir (Rolenza)

- Adamantanes

- Amantadine, Rimantadine

- **Only recommended for:**

- Patients requiring hospitalization

- Persons at higher risk for complications

- Children < 5 y.o.
    - Adults > 65 y.o.
    - Immunosuppression
    - Persons with chronic diseases
    - Pregnant women
    - Residents of nursing home or chronic care facilities

# Prophylaxis

- **Post-exposure prophylaxis**
  - Close contacts who are at high risk for complications
  - Health care workers, first responders, etc. who have had unprotected close contact
- **Prevention/Control of Outbreaks**
  - Nursing homes, long-term care facilities
  - Haven't seen these outbreaks to date

# Travel

- **Mexico**

- April 27, 2009: CDC Travel Health Warning recommending against non-essential travel to Mexico
- May 15, 2009: Warning was **downgraded** to a Travel Health Precaution
  - Travelers at high risk of complications should consider postponing travel

- **Other travel**

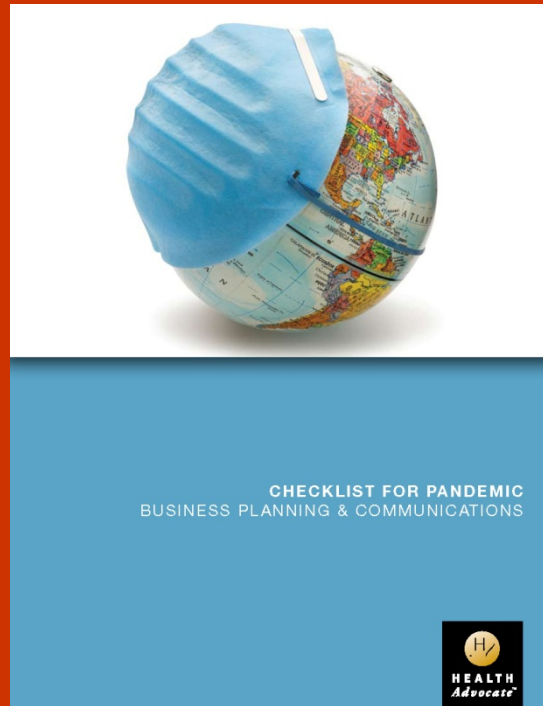
- Activity lower in other countries
- No travel advisories in effect



# Concerns/Plans for Future

- Will we see more severe disease in the Fall?
- Is the world more vulnerable than in previous pandemics?
  - Volume of international travel
- Close surveillance of Southern Hemisphere over summer months
- Vaccine development

# Pandemic Planning



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