



Local Health
Districts:

PUBLIC HEALTH ALERT

Swine Influenza (H1N1)

The Centers for Disease Control and Prevention (CDC), in collaboration with state and local public health officials, is investigating cases of febrile respiratory illness caused by swine influenza (H1N1) viruses in multiple areas of the United States. The outbreak began in Mexico last week. As of April 27, 2009 there are 40 confirmed cases in the US including one case of swine influenza documented in Ohio (in Lorain County). Unlike Mexico where severe illness including fatal outcomes have been reported, infections reported in the US have been generally mild with only one patient hospitalized and no deaths. Up to date information regarding swine influenza can be found on the CDC web site <http://www.cdc.gov/swineflu/index.htm>. A Public Health Emergency has been declared in the United States so that federal resources can begin to be deployed should they be needed to combat this outbreak.

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have reported diarrhea and vomiting associated with swine flu. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

A detailed travel history should be obtained from patients who present with these symptoms. Swine flu should be suspected if they have traveled to areas of the United States or Mexico where cases have been reported. Suspected cases should be reported to your local health department. Patients who meet the criteria should be tested for influenza. If rapid testing is used and positive for Influenza A, further testing, either culture or PCR is indicated. A specimen should be obtaining a nasopharyngeal swab for testing and/or typing by your state public health laboratory. Contact your local health department to facilitate transport and testing at the state laboratory.

CDC recommends treatment for confirmed and suspected cases (cases with symptoms **and** a positive travel history) of swine flu. The current H1N1 swine influenza is sensitive to oseltamivir (Tamiflu®) and zanamivir (Relenza®), but resistant to amantadine and rimantadine. CDC further recommends prophylaxis for:

- Household close contacts of a confirmed or suspected case who are at high-risk for complications of influenza (persons with certain chronic medical conditions, elderly).
- School children who are at high-risk for complications of influenza (persons with certain chronic medical conditions) who had close contact (face-to-face) with a confirmed or suspected case.
- Travelers to Mexico who are at high-risk for complications of influenza (persons with certain chronic medical conditions, elderly).

Adams County
(937) 544-5547

Brown County
(937) 378-6892

Butler County
(513) 863-1770

Cincinnati City
(513) 357-7280

Clermont County
(513) 732-7499

Clinton County
(937) 382-3829

Hamilton County
(513) 946-7800

Hamilton City
(513) 785-7080

Highland County
(937) 393-1941

Middletown City
(513) 425-1818

Norwood City
(513) 458-4600

Sharonville City
(513) 563-1722

Springdale City
(513) 346-5725

St. Bernard City
(513) 242-7709

Warren County
(513) 695-1220

- Health care workers or public health workers who had unprotected close contact with an ill confirmed case of swine influenza A (H1N1) virus infection during the case's infectious period.

Antiviral doses and schedules recommended for treatment and prophylaxis of swine influenza A (H1N1) virus infection are the same as those recommended for seasonal influenza and can be accessed at: <http://www.cdc.gov/flu/professionals/antivirals/dosagetable.htm#table>

Discuss with your patients how to prevent the spread of swine flu:

- Avoid contact with ill persons.
- When they cough or sneeze, cover their nose and mouth with a tissue or their sleeve (if they do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash their hands with soap and water, or use an alcohol based hand gel.
- If they think you are ill with flu, avoid close contact with others as much as possible. Stay at home or in their hotel room. Seek medical care if they are severely ill (such as having trouble breathing). There are antiviral medications for prevention and treatment of swine flu that can be prescribed. Do not go to work, school, or travel while ill.

Clinical guidance on laboratory safety, case definitions, infection control and information for the public are available at: <http://www.cdc.gov/swineflu/investigation.htm>.

- Swine Influenza A (H1N1) Virus Biosafety Guidelines for Laboratory Workers: http://www.cdc.gov/swineflu/guidelines_labworkers.htm
- Interim Guidance for Infection Control for Care of Patients with Confirmed or Suspected Swine Influenza A (H1N1) Virus Infection in a Healthcare Setting: http://www.cdc.gov/swineflu/guidelines_infection_control.htm
- Interim Guidance on Case Definitions for Swine Influenza A (H1N1) Human Case Investigations: http://www.cdc.gov/swineflu/casedef_swineflu.htm

Morbidity and Mortality Weekly Reports Dispatch (April 24) provide detailed information about the initial cases at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm58d0424a1.htm>