

# Swine Flu (H1N1) Update

This information was compiled from information we received from the CT Dept. of Public Health and the American Academy of Pediatrics

## Swine Flu Facts:

- Highest hospitalization rates are persons 0-4 years old
- Highest mortality rates are older adults
- 70% of hospitalized patients have underlying medical conditions
- Exact numbers of cases is unknown due to targeted testing of affected individuals (see below).

## Testing:

- The State Health Dept. is **not** recommending the routine use of rapid flu swab testing.
- Diagnosis should be made by the clinical judgment of healthcare providers
- Confirmation testing will only be done on hospitalized patients and healthcare workers. Exceptions may be done occasionally on a case by case basis for high risk situations (i.e. sibling of a newborn baby).

## Treatment:

Treatment should be limited to groups at high risk for complications:

- Children <5 years old
- Adults >65 years old
- Pregnant women
- Immunosuppressed individuals
- Persons with chronic medical conditions putting them at high risks for complications of flu (i.e. persistent asthma, diabetes, heart disease)

Two medications are currently available, Tamiflu and Relenza.

- Common side effects are: nausea, vomiting, sleeping issues (insomnia, nightmares), Neurologic issues (strange behaviors, being dazed or confused, poor concentration, seizures) vertigo and arrhythmias
- Treatment course is 5 days

## School Closings:

To be determined on a case by case basis by the school system and the local Dept. of Health. (i.e. if a tremendous number of students are ill or if there are a tremendous number of school personnel too ill to staff a school, that school may be closed).

## Vaccine Information:

- Expected release date mid-October 2009
- Children will most likely require two doses (3-4 wks after 1<sup>st</sup> dose)
- Vaccine administration sites-mixed public/private model
  - Combination of hospitals/ public health clinics/ private doctors offices/ work places/ retail (i.e. pharmacies)
  - Exact locations to be announced by local health departments
  - Stamford Pediatrics is working with the local health department to determine if we will be a provider of the vaccine.
  - Most vaccine lots **will** contain thimerosal
- Vaccine will be distributed to “priority groups”
- If large amounts of vaccine are available there will be **five priority groups**
  - 1)Pregnant Women
  - 2)Caregivers/ household contacts to infants<6 months
  - 3)Healthcare/EMS personnel with direct patient contact
  - 4)All persons **6 months-24 years old**
  - 5)Persons 24-64 years old with increased risk factors for complications from flu (i.e. chronic medical conditions: asthma, heart disease, immune deficiencies)
- If vaccine supplies are limited, the five priority groups may be more restricted
  - 1)Pregnant Women
  - 2)Caregivers/ household contacts to infants<6 months
  - 3)Healthcare/EMS personnel with direct patient contact
  - 4)All persons **6 months - 4 years old**
  - 5)Persons 5-18 years old with increased risk factors for complications from flu(i.e. chronic medical conditions: asthma, heart disease, immune deficiencies)
- Vaccine safety will be carefully monitored via the VAERS (vaccine adverse event reporting system).

## Informational Web Sites:

[www.flu.gov](http://www.flu.gov)

[www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch)

[www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu)