Influenza: Seasonal, Novel “New” and Pandemic

County of San Diego Health & Human Services Agency

Disclaimer

The information presented here is of a time-sensitive nature and may change as new information becomes available.
Influenza germs

- Found in the saliva and mucus of an infected person
- Can spread 1-2 days before—and up to 7 days after—symptoms start

Influenza germs can spread through:

- Coughing or sneezing
- Unwashed hands
- Sharing personal items
- Kissing

Seasonal Influenza
Seasonal Influenza

- “Normal” yearly flu in humans
- Most people recover
- Can cause severe illness and death in some

Seasonal flu symptoms

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms: nausea, vomiting, diarrhea
  more common in children than adults
- Onset usually within two days of exposure, but may take longer

Seasonal Flu Prevention:

- Wash hands well and often
- Avoid touching eyes, nose and mouth
- Disinfect surfaces
- Avoid close contact with people who are sick
Seasonal Influenza Vaccine

Two Types:

1. The "flu shot" is an inactivated vaccine that is given with a needle.
   - People 6 months of age and older, including healthy people and those with chronic medical conditions.

2. The nasal-spray flu vaccine is sprayed into the nostrils and is made with weakened flu virus that does not cause the flu.
   - Healthy people 2 – 49 years of age who are not pregnant.

The following people should get the seasonal influenza vaccine:

- Pregnant women
- Children aged 6 months - 18 years
- Adults aged 50 years and older
- Healthcare workers
- Persons with certain chronic medical conditions
- Household contacts or caregivers of children under 6 months
- Household contacts or caregivers of persons at high risk of complications from the flu
- Persons living in nursing homes and other long-term care facilities

Get the seasonal flu vaccine, it’s now available!
Novel A H1N1 “Swine” Influenza

Novel or “New” Virus Defined

It is an entirely new influenza virus that:
– Has not circulated previously in humans
– Is not related to previous or current human seasonal influenza viruses
– Is now causing illness in people

Pandemic Defined

Refers to an epidemic that has spread over several countries or continents or globally, usually affecting a large number of people.
Novel A H1N1: “Swine” Influenza

- Is a mild Pandemic Influenza
- Can spread from person to person just like seasonal flu spreads
- Right now human trials on H1N1 vaccine are being done
- You cannot get A H1N1 from eating properly prepared pork or pork products

Novel A H1N1 Spring Outbreak

- Occurred very late in flu season
- Affected young people disproportionately
- Caused widespread illness; some severe and fatal
- World Health Organization declared a pandemic (6/11/2009) as the H1N1 outbreak spread worldwide

Novel A H1N1 Influenza Symptoms

- Very similar to seasonal influenza
- Fever
- Runny nose
- Cough
- Sore throat
- Body aches
- Headaches
- Chills
- Fatigue
- Sometimes diarrhea and vomiting
San Diego County Update
Novel A H1N1

10/06/09
Total cases: 1266
Fatal cases: 22
Hospitalized cases: 303

Public Health Services provides weekly updates:

An Influenza Pandemic
Why are we worried?

An Influenza Pandemic:
• Global outbreak of influenza
• Caused by a new and different influenza strain
• The severity is unpredictable
What does history tell us about pandemics?

- There were 3 in the 1900s
- The flu pandemic of 1918 caused at least 675,000 deaths in the U.S.

Pandemics can have serious effects

- Overwhelmed Medical and government services
- Short supply of goods and services
- Emotional and financial hardship

Strategies to slow a pandemic

- Surveillance
- Community Mitigation
- Vaccination
- Communication
Vaccine Planning Assumptions for Novel A H1N1

- Severity of illness unchanged
- Risk groups affected by virus unchanged
- Safe and effective vaccine
- Adequate supply of vaccine is available
- No major antigenic changes are evident that would indicate lack of vaccine efficacy

Priority Populations: Novel A H1N1 Vaccine

- Pregnant women
- Household contacts or caregivers of children under 6 months of age
- Persons 6 months - 24 years
- Persons 25 - 64 years with underlying chronic conditions
- Healthcare workers and emergency medical personnel

Novel A H1N1 Influenza Vaccine

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Communication

- Pandemic Influenza (H1N1) virus is worldwide and widespread throughout the San Diego community
- Stay informed by accessing reliable sources
- Promote hand washing and cough hygiene by posting sign and reminders
- Stay home if you are sick

Influenza Preparedness is a Shared Responsibility

What should YOU do?

If you have Influenza: Seasonal or Novel

- Stay home
- Cover your cough
- Use a tissue and put it in the trash
- Use your upper sleeve if no tissue is available
- Wash your hands
- Stay at least 6 ft. away from others
Treating Influenza

- Get plenty of bed rest
- Drink lots of liquids
- Over the counter medications
- Seek medical advice for severe symptoms

Antiviral drugs

Talk to your healthcare provider to see if anti-virals are recommended for you

- Can help shorten the duration of the flu
- May not work against every strain
- Stockpiling by citizens is not recommended

Outbreak Prevention & Control

- Consider many of the same strategies as with a Norovirus Outbreak
  - Cohorting
  - Suspension of Social Activities
  - Assignment of Staff
  - Appropriate Level of Personal Protective Equipment (PPE) for Staff
Organizations need to prepare

- A pandemic could impact operations, staff and those served
- Typical resources may become unavailable

Use reliable information sources

- www.pandemicflu.gov
- www.cdc.gov
  - 1-800-CDC-INFO (1-800-232-4636)
  - 1-888-232-6348 (TTY)
- www.who.int
- Local and state health departments
  - www.Flu.gov
  - http://www.sdcounty.ca.gov/Portal/News/swineflu.html
- 211

Please note:
A copy of this is provided in your materials.