

2009 H1N1 Update – October 8, 2009

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Presentation Objectives

- ❑ To share what Kitsap County Health District currently knows about flu and 2009 H1N1
- ❑ To share information 2009 H1N1 flu trends
- ❑ To share how you can prevent all types of flu and what your business/office can do
- ❑ To answer any questions you may have about 2009 H1N1.



Summary of Current Situation & Expectations

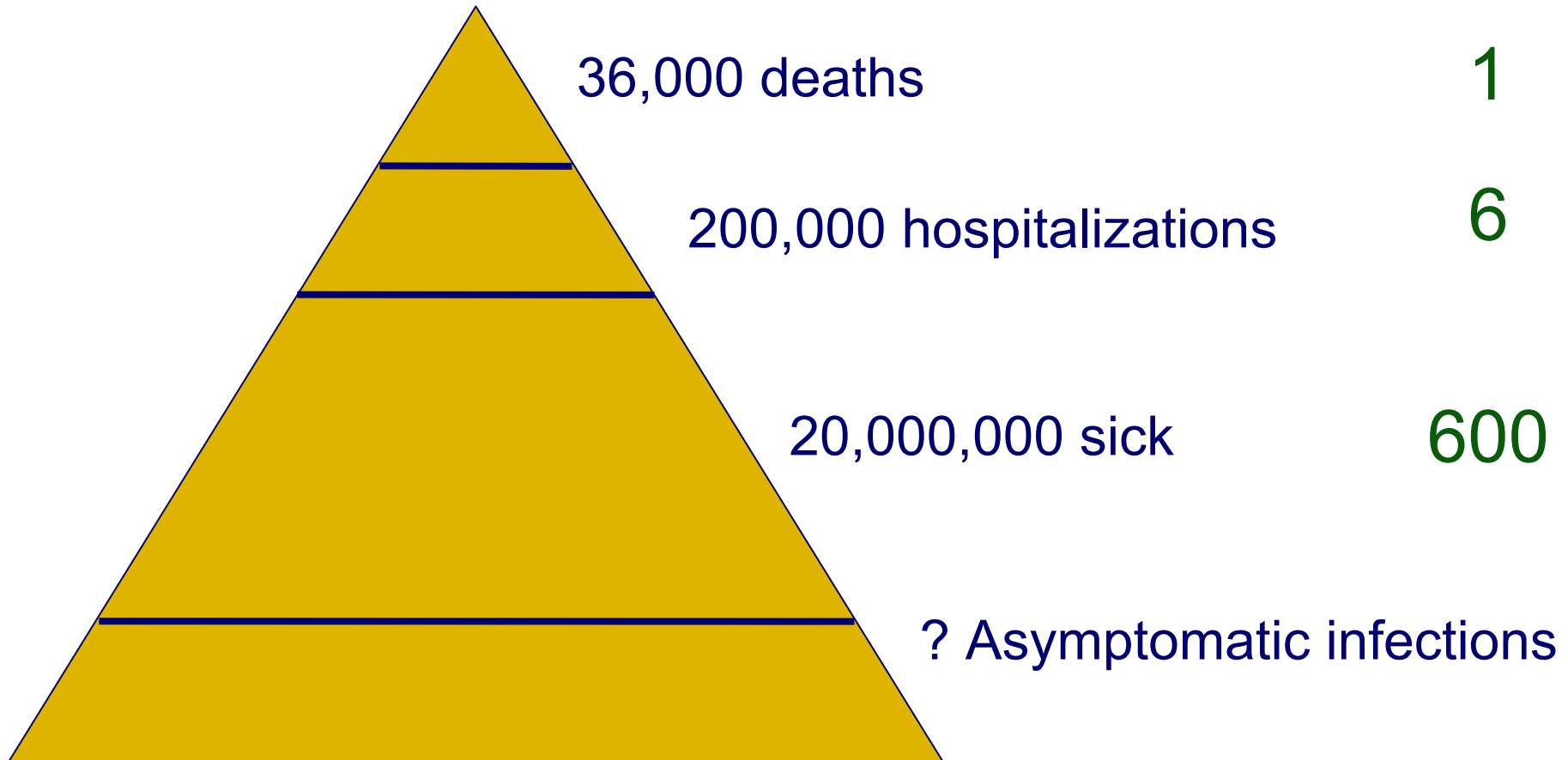
- ❑ Not a 1918-like pandemic scenario
- ❑ Rates of severe illness & deaths about the same as those for seasonal influenza
- ❑ Virus genetics staying relatively stable
- ❑ Virus isn't going away
- ❑ Groups at highest risk for illness: Children, adolescents & adults < 50 years old with pre-existing medical conditions

Flu Facts

*What do we know about seasonal or
"normal" flu?*



On average, each year, flu accounts for:



Source: WA State Department of Health (2009)

Influenza – Epidemiology

- ❑ Incubation period (period between exposure and getting sick) 1-4 days

- ❑ You can spread influenza a day before you have symptoms and about 7 days after

- ❑ Transmission: via respiratory droplets
 - person to person,
 - direct contact

Viruses That Cause “influenza like illness”

12 viruses noted in most epidemiology studies:

- Influenza A & B viruses
- Parainfluenza viruses 1 – 3
- Respiratory Syncytial Virus
- Human metapneumovirus
- Adenovirus
- SARS coronavirus
- Two other newly described human coronaviruses
- Rhinoviruses

Source: WA State Department of Health (2009)



Symptom	Influenza	Common Cold
Fever	Often high; sudden onset 38°C – 40°C and lasts 3-4 days	Rare
Headache	Frequently	Rare
Aches and pains	Usual; often quite severe	Slight
Weakness	Moderate to extreme; may last up to one month	Rare/Mild
Bedridden	Frequently; may last up to 5-10 days	Rare
Runny, stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usual
Chest discomfort	Usual and can be severe	Sometimes, but mild to moderate
Complications	Respiratory failure; complicate a chronic condition	Congestion, sinus or ear infection
Prevention	Influenza vaccine; frequent hand washing; cover your cough	Frequent hand washing, cover your cough

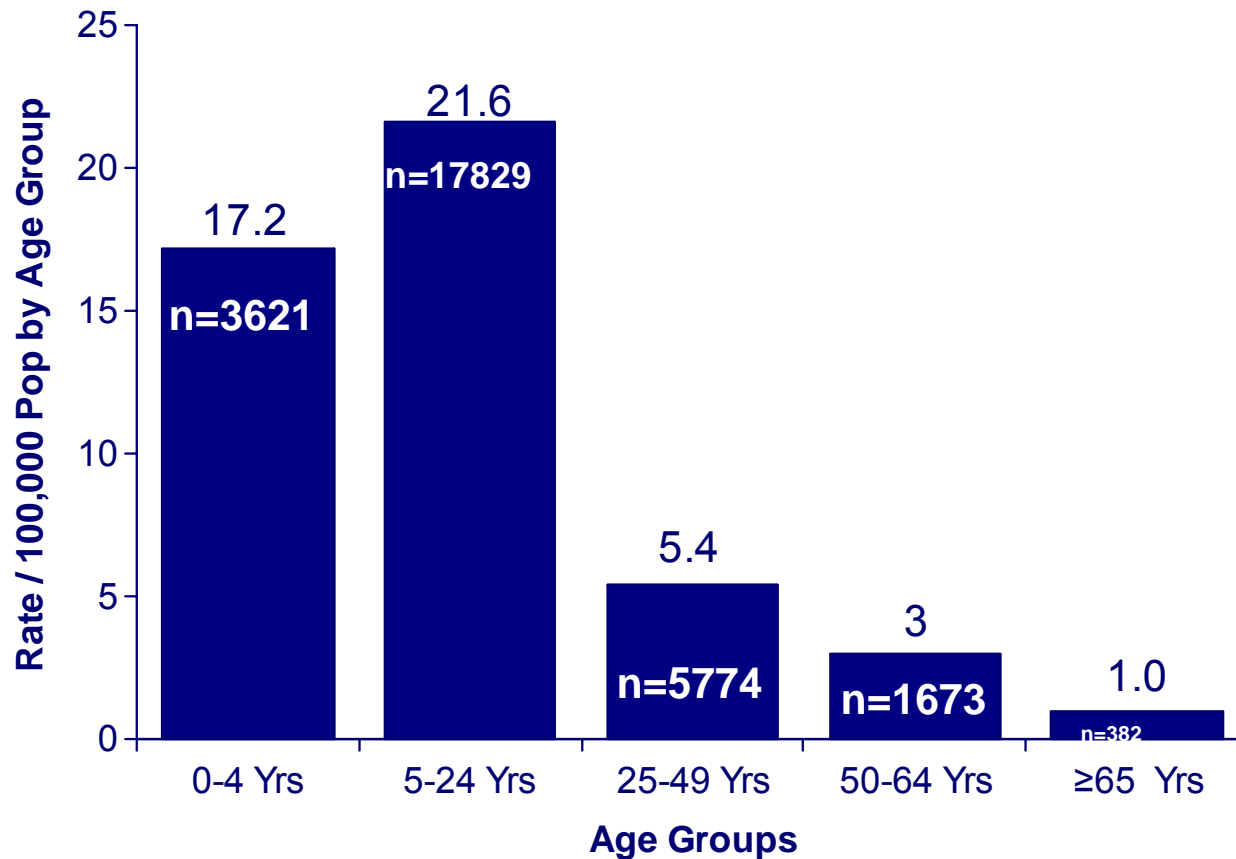
U.S. Epidemiology

Who did 2009 H1N1 affect in the U.S.?



Epidemiology/Surveillance

Pandemic H1N1 Cases Rate per 100,000 Population by Age Group As of 09 JULY 2009 (n=35,860*)



*Excludes 1,386 cases with missing ages.

Rate / 100,000 by Single Year Age Groups: Denominator source: 2008 Census Estimates, U.S. Census Bureau at:

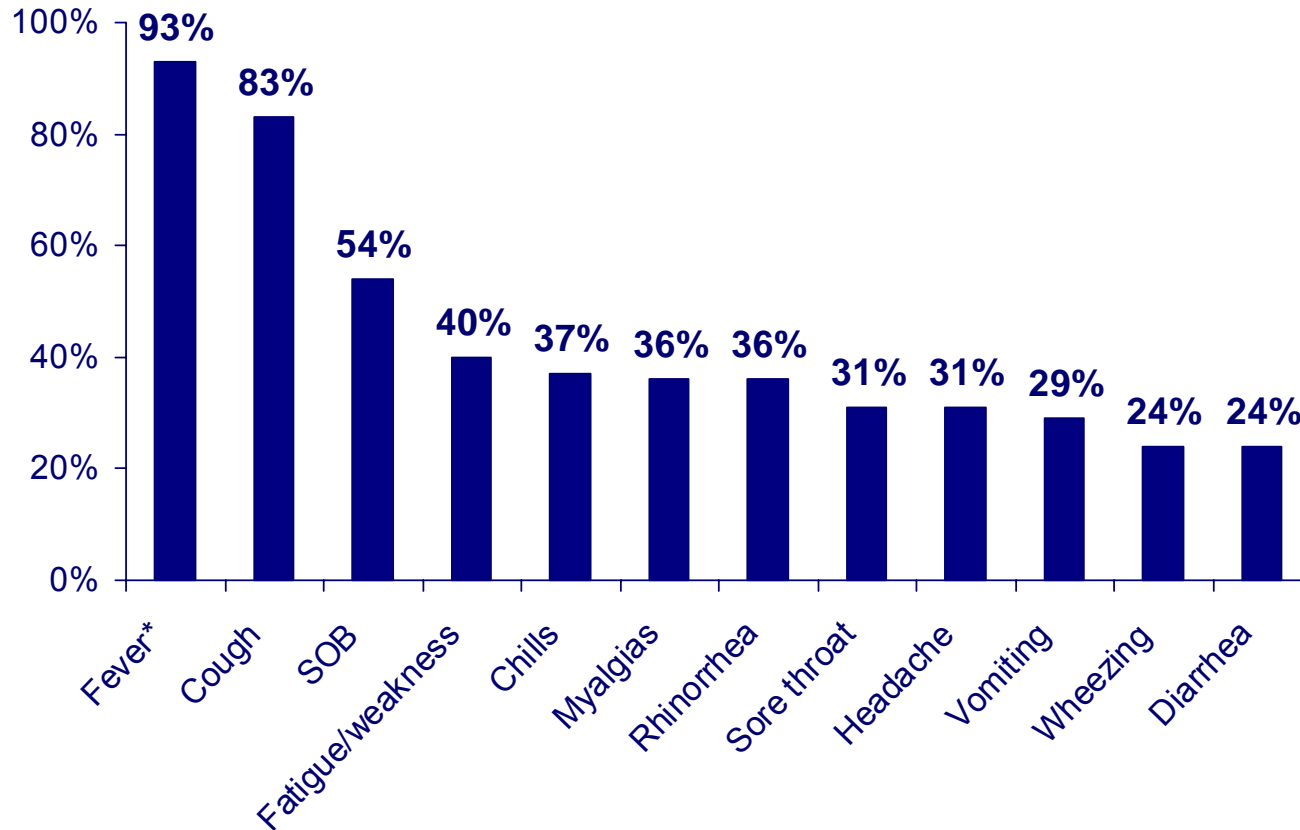
<http://www.census.gov/popest/national/asrh/files/NC-EST2007-ALLDATA-R-File24.csv>

Centers for Disease Control and Prevention (CDC). July 2009.



Epidemiology/Surveillance

Pandemic H1N1 Hospitalizations Reported to CDC Clinical Characteristics as of 19 JUN 2009 (n=268)



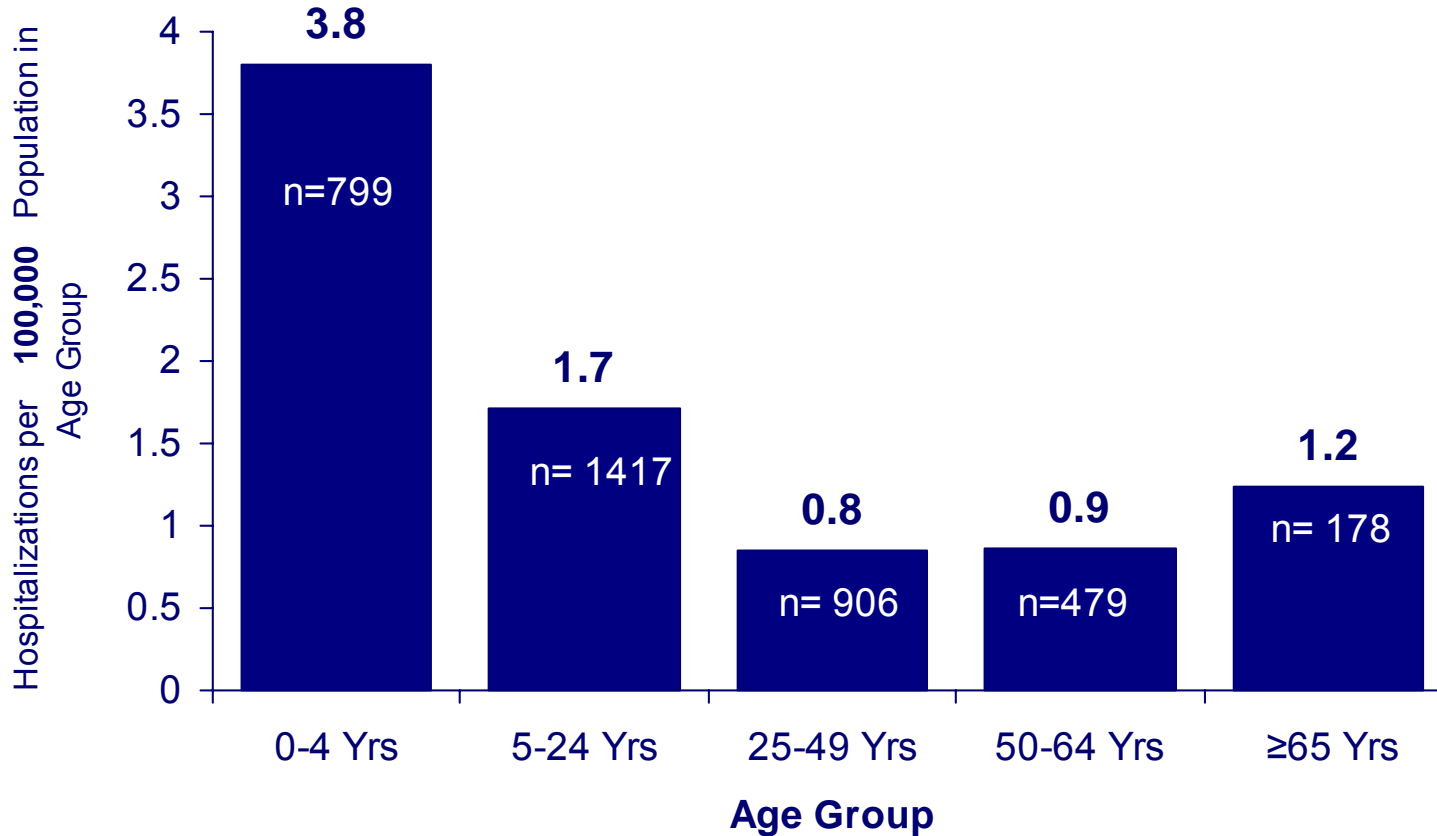
Centers for Disease Control and Prevention (CDC). July 2009.



Epidemiology/Surveillance

Pandemic H1N1 Hospitalization Rate per 100,000

Population by Age Group (n=3,779) as of 09 JULY 2009



*Hospitalizations with unknown ages are not included (n=353)

*Rate / 100,000 by Single Year Age Groups: Denominator source: 2008 Census Estimates, U.S. Census Bureau at:

<http://www.census.gov/popest/national/asrh/files/NC-EST2007-ALLDATA-R-File24.csv>

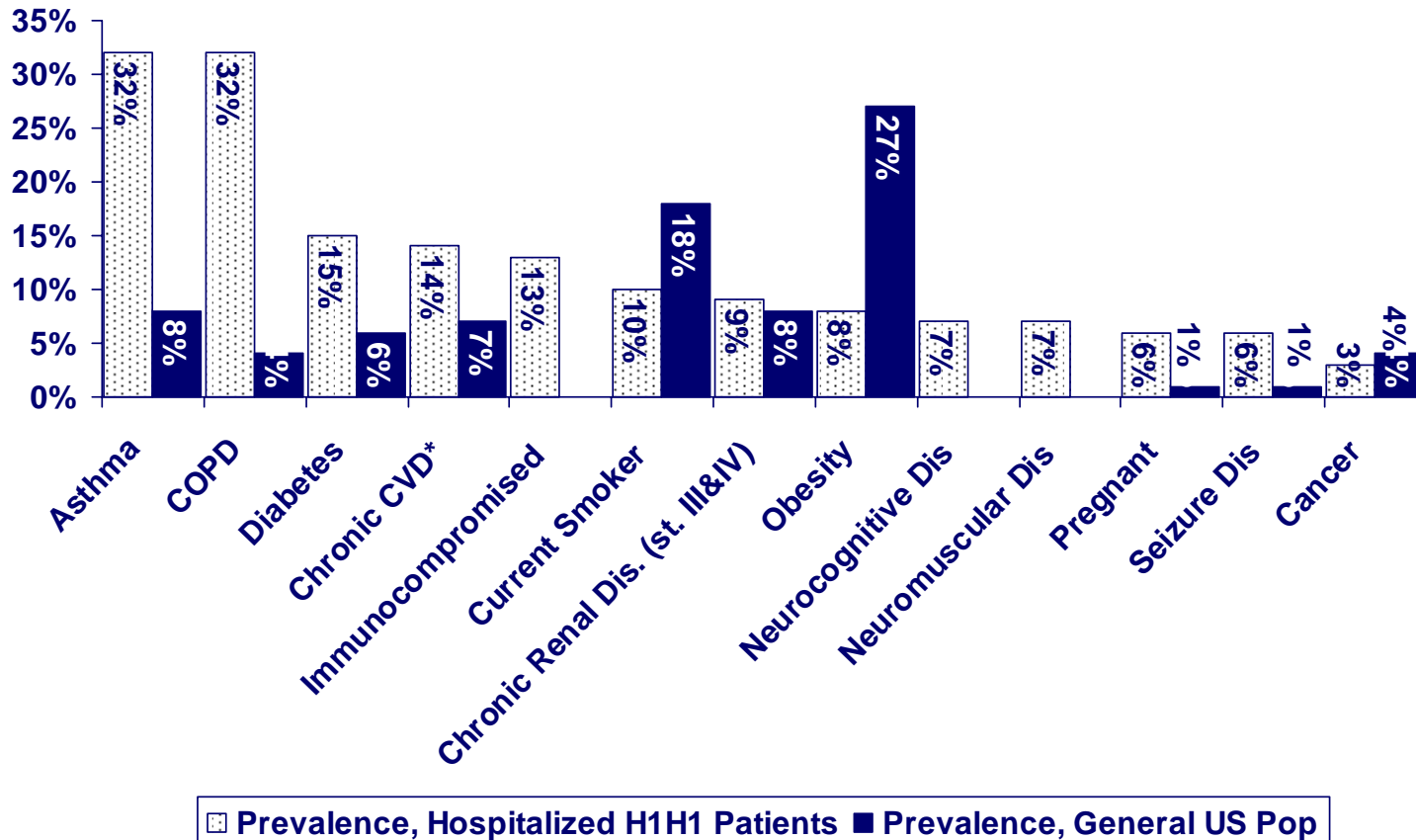
Centers for Disease Control and Prevention (CDC). July 2009.



Epidemiology/Surveillance

Pandemic H1N1 Hospitalizations Reported to CDC

Underlying Conditions as of 19 JUN 2009 (n=268)



*Excludes hypertension

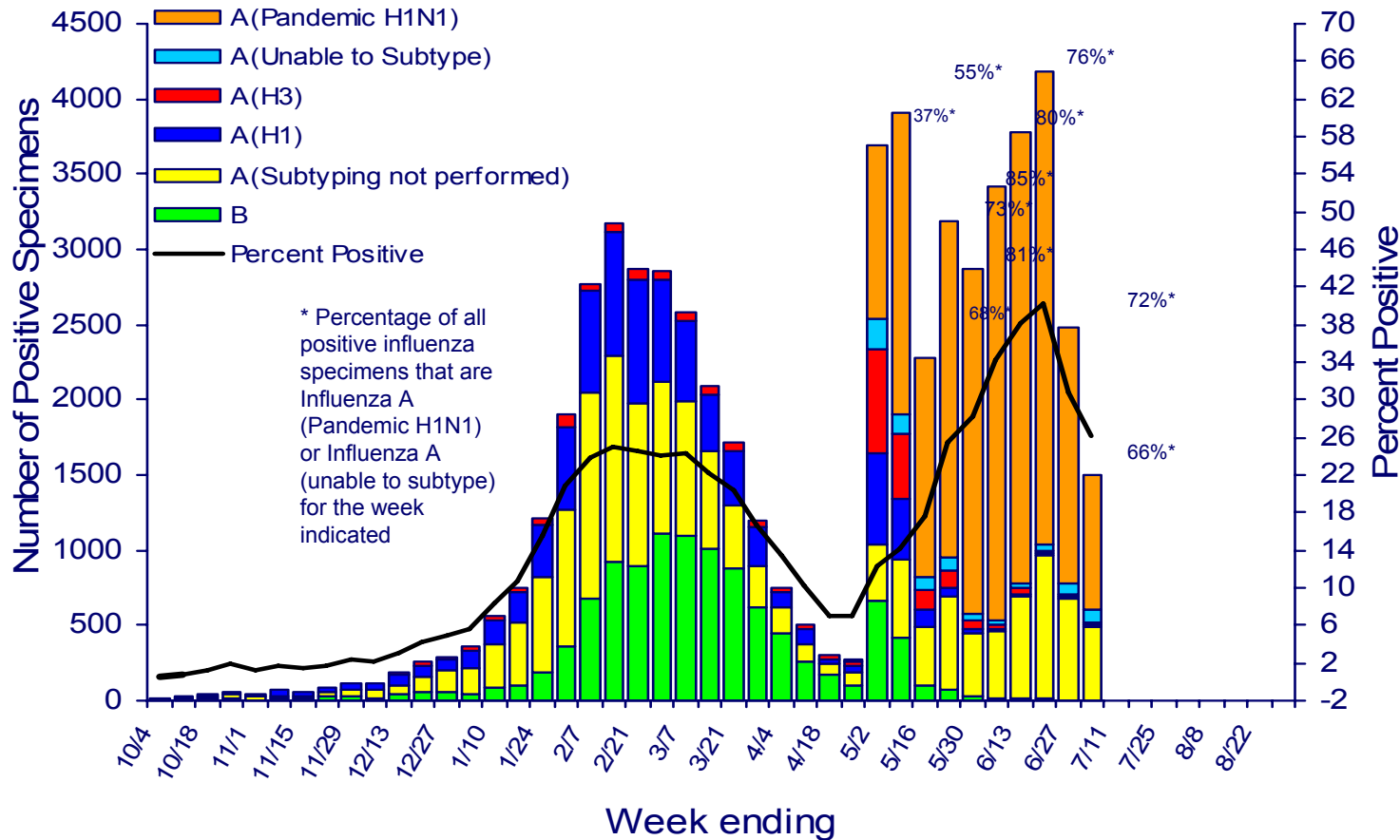
Centers for Disease Control and Prevention (CDC). July 2009.



Epidemiology/Surveillance

Pandemic (H1N1) – 9 JUL 2009

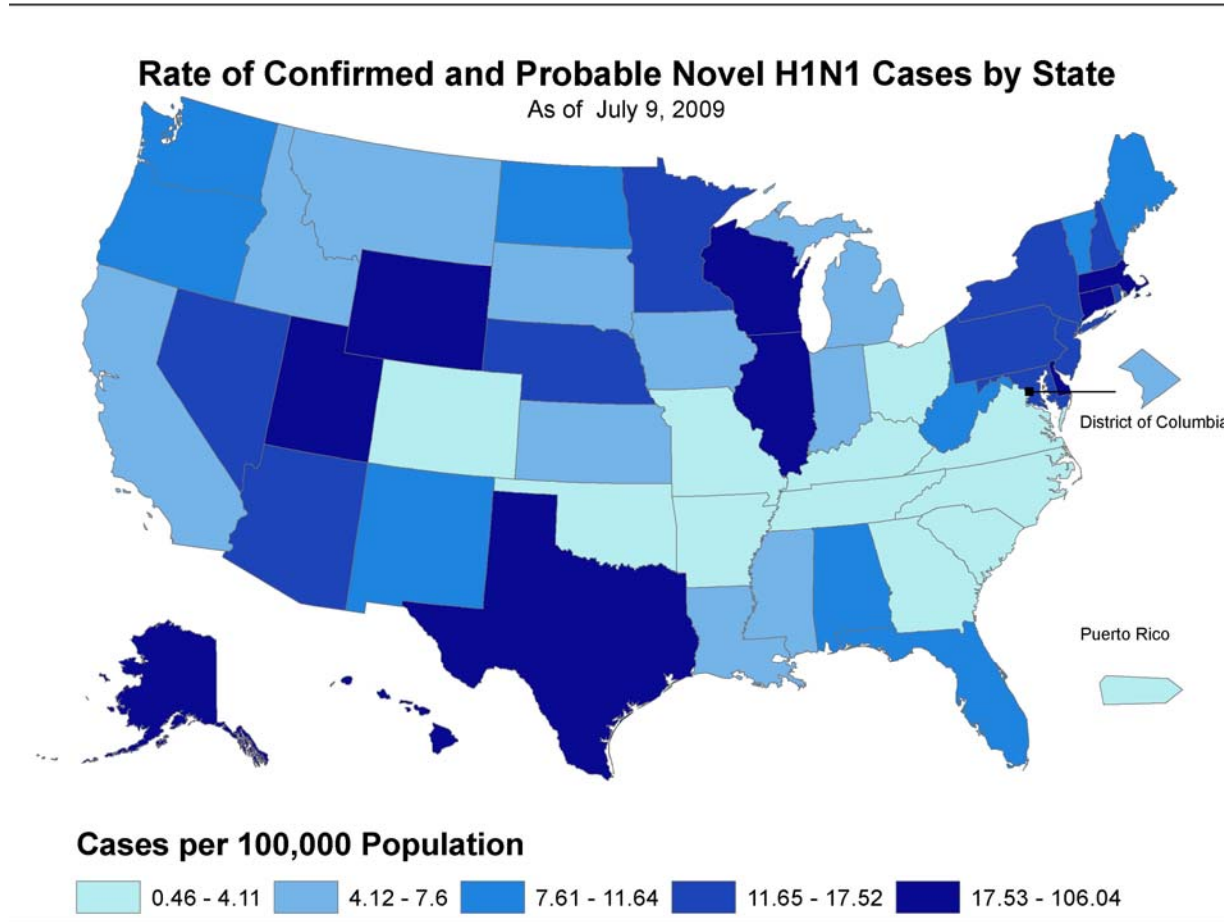
U.S. WHO/NREVSS Collaborating Laboratories Summary, 2008-09



Centers for Disease Control and Prevention (CDC). July 2009.



Pandemic H1N1 Cases by State Rate / 100,000 State Population As of 9 JUL 2009



Centers for Disease Control and Prevention (CDC). July 2009.

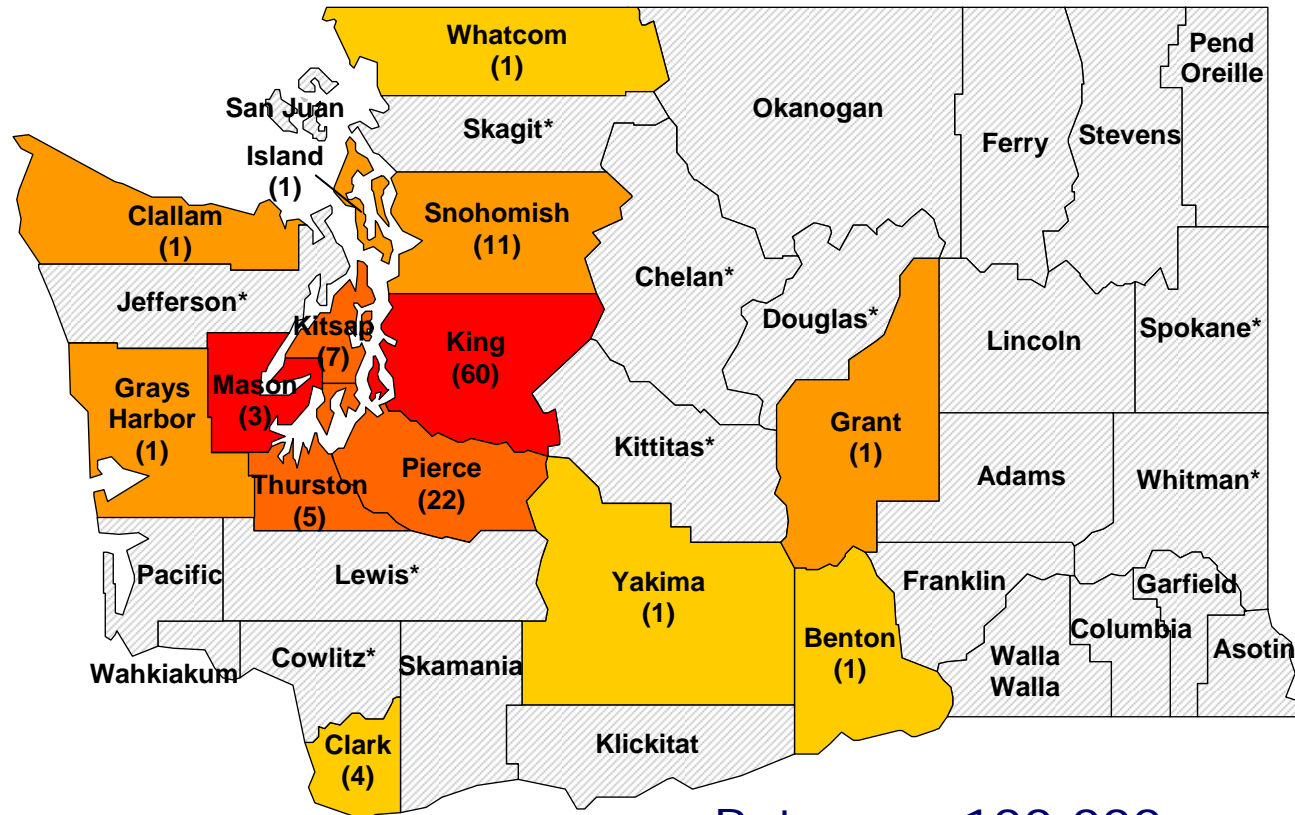


Washington State Epidemiology

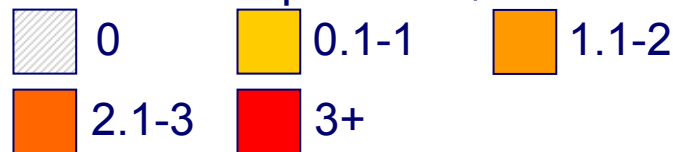
*Who did 2009 H1N1 affect
in the Washington State?*



Rate & number (in parentheses) of hospitalized & fatal cases of PanH1 influenza, by county



Rates per 100,000



*Reported non-hospitalized PanH1 influenza case(s)



Current Status, Pandemic H1N1 virus, Washington*

Age Category	Hospitalizations	Deaths
0-4	34	0
5-24	53	3
25-49	32	6
50-64	23	3
65+	8	1
Total	150	13
Age range (yrs)	0-88	12-76
Pregnant	6	2

- Changed surveillance, 5/23/09
- Mandate reports of fatal & hospitalized cases
- 163 cases over 18 wks
- Persons < 50 yrs old:
 - 79% of hospitalizations
 - 69% of deaths

*As of Aug 25, 2009

All PanH1 cases by age group & hospitalization status

Age Group (years)	Non-hospitalized*		Hospitalized or Fatal		All Cases	
	n	Rate**	n	Rate**	n	Rate**
0-4	71	16.4	28	6.5	99	22.9
5-17	316	27.6	30	2.6	346	30.2
18-49	187	6.3	40	1.3	227	7.6
50-64	17	1.4	16	1.3	33	2.6
65+	2	0.3	5	0.7	7	0.9
Total	593	9.0	119	1.8	712	10.8

* 2 cases missing age

** Rate per 100,000 population



Symptoms of hospitalized & fatal cases of PanH1 influenza

Symptoms (n*)	Hospitalized or Fatal	
	Symptom Present	%
Fever (111)	105	94.6
Cough (111)	105	94.6
Shortness of breath (70)	49	70.0
Sore throat (69)	35	50.7
Vomiting (90)	35	38.9
Diarrhea (90)	23	25.6

* Number of records where presence or absence of symptom specified

Pre-existing conditions in hospitalized or fatal PanH1 influenza, Washington, 2009

Condition	Hospitalized or Fatal (N=111*)	
	n	%
Lung diseases/conditions	39	34.8
Asthma	24	21.6
Smoking	11	10.0
Chronic lung disease	9	8.1
Diabetes	16	14.4
Heart disease	14	12.6
Steroid therapy	8	7.2
Pregnancy	6	5.4
Chemotherapy/cancer in last year	5	4.5

*6 incomplete or missing case reports, 2 case investigations in progress



What Can the Health District Do Prevent the Flu?



Sample Health District Actions

- ❑ Track flu trends in Kitsap County, Washington State, U.S., and internationally
- ❑ Work with medical providers, pharmacies, and other partners to provide vaccine
- ❑ Provide information to the public (website, community meetings, newspapers)
- ❑ Provide information to medical providers (meetings, notification faxes/emails)
- ❑ Track vaccine use and any adverse reactions
- ❑ Work with schools and other businesses on possible closure criteria, other issues



**Vaccination is our MOST
effective
influenza control option**



Vaccine

2009 H1N1

- ❑ Is only for H1N1
- ❑ Has gone through clinical trials
- ❑ Is being released now
- ❑ Will be distributed to high priority groups first

Seasonal (normal) Flu

- ❑ Does not include H1N1
- ❑ Already underwent trials
- ❑ Already available in community
- ❑ Is available to anyone who needs it

2009 H1N1 Vaccine Priority Groups

On July 29, 2009, a CDC advisory group released recommendations on the priority groups for H1N1 (swine flu) vaccine. These groups are:

- ❑ pregnant women,
- ❑ people who live with or care for children younger than 6 months of age,
- ❑ health care and emergency services personnel,
- ❑ persons between the ages of 6 months through 24 years of age, and
- ❑ people from ages 25 through 64 years who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.



Other measures to reduce number of illnesses & death (if severe)

- Isolation
- Quarantine
- School dismissal
- Mall closure
- Cancellation of large events
- Cancellation of mass transit
- Travel restrictions
- Flexible work schedules
- Relaxed absenteeism policies

What Can You and Your Business do to Prevent the Flu?



Signs and Symptoms

2009 H1N1

- ❑ *Fever (temp > 100°)*
- ❑ *Cough*
- ❑ *Sore Throat*
- ❑ Runny or stuffy nose
- ❑ Body aches
- ❑ Headache
- ❑ Chills
- ❑ Fatigue
- ❑ Diarrhea
- ❑ Vomiting

Seasonal (normal) Flu

- ❑ *Fever (temp > 100°)*
- ❑ *Cough*
- ❑ *Sore Throat*
- ❑ Runny or stuffy nose
- ❑ Body aches
- ❑ Headache
- ❑ Chills
- ❑ Fatigue
- ❑ Diarrhea
- ❑ Vomiting

How to Prevent the Flu

2009 H1N1

- ❑ Wash your hands
- ❑ Cover your cough
- ❑ Stay home when sick
- ❑ Avoid people who are sick
- ❑ Get vaccinated, if vaccine is available

Seasonal (normal) Flu

- ❑ Wash your hands
- ❑ Cover your cough
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- ❑ Avoid people who are sick
- ❑ Get vaccinated

Environmental Cleaning

- Routine cleaning and disinfection strategies used during any influenza season can be applied to the environmental management of 2009 H1N1 influenza

Tips for Businesses (CDC, 2009)

Plan Now

- ❑ Review your current pandemic flu plan or develop a new plan.
- ❑ Consider ways to allow sick employees to stay home without fear of losing their jobs.
- ❑ Develop flexible leave policies to allow employees to stay home to care for sick family members or for children, if schools dismiss students or childcare programs close.
- ❑ Purchase supplies such as tissues, soap, and alcohol-based hand cleaners to encourage healthful habits in the workplace.
- ❑ Plan for how business can continue if many employees must stay home.



Tips for Businesses (CDC, 2009)

Take Steps Now

- ❑ Advise all employees to stay home if they are sick until at least 24 hours after they no longer have a fever (100° F) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). Make sure fever is gone without the use of fever-reducing medicines.
- ❑ Employees who get sick at work should go home as soon as possible.
- ❑ Encourage sick employees at higher risk of complications from flu to contact their health care provider as soon as possible.
- ❑ Encourage all employees who want protection from flu to get vaccinated for seasonal flu.
- ❑ Provide resources and a work environment that promotes hand washing and covering coughs and sneezes. Provide tissues, no-touch trash cans, hand soap, and alcohol-based hand cleaner.
- ❑ Clean surfaces and items that are more likely to have frequent hand contact with cleaning agents that are usually used in these areas. Additional disinfection beyond routine cleaning is not recommended.



Questions?



Thank you.

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