

Pandemic influenza

What You Need To Know Today



2009 H1N1 Influenza



Welcome

- Introductions
- Why H1N1 Awareness?

What You Need To Know Today



Overview

- Chronology
- Defining Influenza
- Seasonal Flu
- Seasonal vs. Pandemic Flu
- H1N1 Flu Concerns
- Preparing for a Pandemic
- Frequently Asked Questions (FAQs)
- Resources

Chronology

- On March 18, 2009 the World Health Organization (WHO) reported an outbreak of Influenza Like Illness in Mexico. Laboratory analysis confirmed a (Novel) H1N1 Influenza virus had emerged.
- April 24, 2009 – WHO reported Influenza Like Illness in Mexico & U.S.
 - Mexico (854 cases / 59 deaths)
 - U.S. (7 cases / 0 deaths)
 - Healthy Young Adults
- April 28, 2009 – University of Delaware – Public Health Responds

Chronology

- June 11, 2009 – WHO Reported:
 - 74 Countries
 - 28,744 Cases
 - 144 Deaths
 - U.S. 13,217 Cases (46%) / 27 Deaths (19%)

W H O Declares “Global Pandemic”

- By August 2009: WHO Reports:
Millions of Cases / 1,000 + Deaths

Influenza

- The flu is a contagious respiratory illness caused by a virus.
- It can cause mild to severe illness, and at times can lead to death.
- A person infected with the flu virus can transmit it one – two days before they have symptoms.
- A person infected with the flu virus can transmit it four – five days after symptoms start.

Influenza Spread

- Spread by contact with an infected person through:
 - Sneezing
 - Coughing
 - Touching items recently contaminated by a person with the flu virus



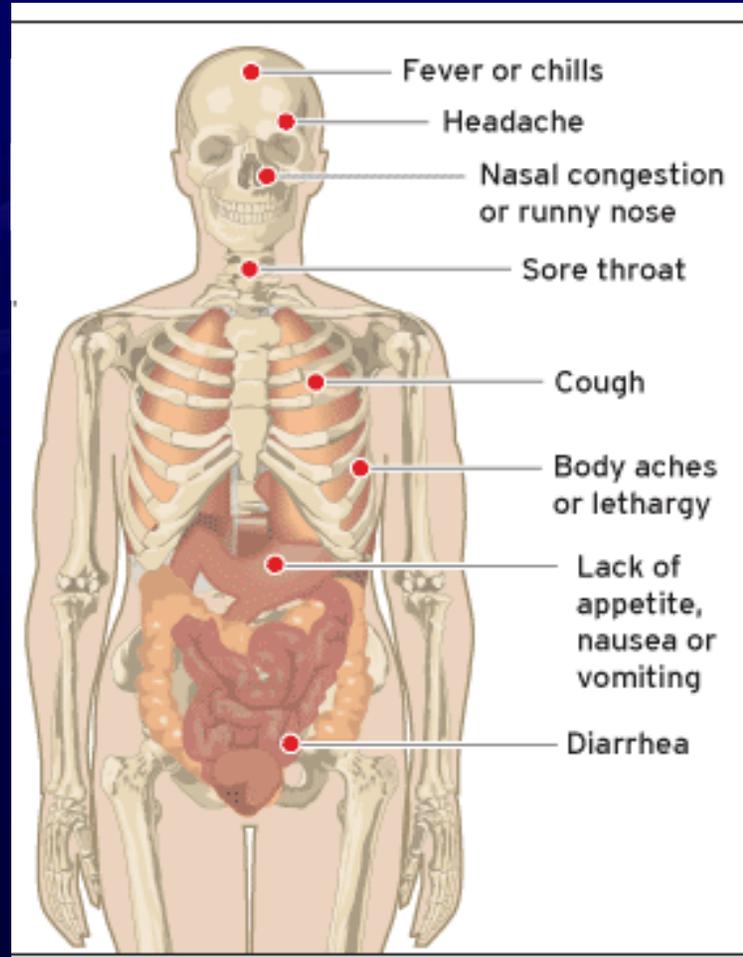
Transmission

- Droplet (coughing, sneezing)
- Contact
 - Direct touching or contaminated surfaces
 - Virus may persist 2 – 8 hr on surfaces



Symptoms

- Fever (typically ≥ 100 F)
- Cough (usually nonproductive)
- Headache, body aches
- Severe fatigue
- Runny nose
- Sore throat
- May have diarrhea, nausea, vomiting



and Prevention

MSNBC.com

Treatment

- Symptomatic
 - Rest
 - Plenty of fluids
 - *Acetaminophen (Tylenol) for pain/fever
- Antiviral medications
 - Tamiflu and Relenza



Seasonal Flu

- The seasonal flu usually occurs annually between December and March
- Every Year in the U.S. on the average
 - 5 to 20% Incidence Rate
 - 200,000 Hospitalized
 - 36,000 Deaths (Very Young, Old, Immune Compromised)
 - Most recover within 1 – 2 weeks no medical treatment

Seasonal vs. Pandemic Flu

- Seasonal flu is predictable – Pandemic flu is not
- Pandemic flu is caused by a novel virus strain that humans have no resistance against
- Pandemic flu infects large numbers of people of different ages globally and can cause serious illness and deaths

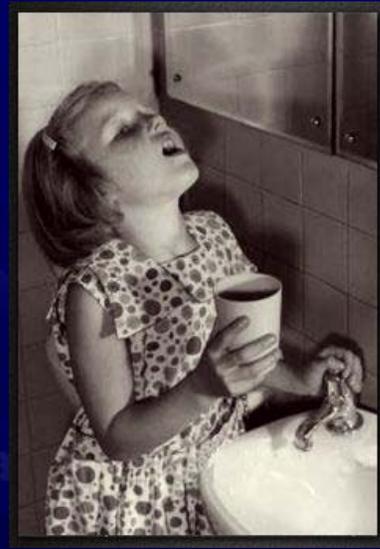


Pandemic

- A disease outbreak spreads easily as most people are susceptible
- Effective human to human transmission is necessary
- Measure by how fast the virus spreads
- Wide geographic spread

What You Need To Know Today

Influenza Pandemics of the 20th Century



1918 “Spanish Flu”
20–40 Million Deaths
675,000 U.S.

1957 “Asian Flu”
1–4 Million Deaths
70,000 U.S.

1968 “Hong Kong Flu”
1-4 Million Deaths
34,000 U.S.

Pandemic Waves

- Pandemics occur in multiple waves of disease outbreaks
- The first wave in a local area is likely to last six to eight weeks
- The time between pandemic waves varies and cannot be easily predicted



H1N1 Concerns

- Global expansion of cases
- Mutation of virus could raise Mortality Rate
- H1N1 replacing seasonal flu globally
- Continued Effectiveness of Anti-Virals
- Availability and Effectiveness of Vaccines

Preparing for a Pandemic

What can you do?

What You Need To Know Today



Prevention

- Clean hands frequently
- Avoid touching eyes, nose, mouth
- Try to avoid close contact with sick people
- Vaccines



Vaccines

- Annual/Seasonal – EVERYONE

H1N1 Vaccine Priorities:

- Pregnant women
- People live/ work with Children under 6 Months Old
- Healthcare and EMS
- 6 Months – 24 Yr Old
- 25 – 64 Yrs w/ Chronic Health disorders or Compromised Immunity
- Non- High Risk



Prepare at Home

- Plan now – how to care for yourself or loved one who becomes ill with the flu
- Determine what supplies you will need to provide care at home
- Plan for isolation of sick family members at home
- Build a Kit
 - Medical records
 - Prescriptions and over-the-counter cold remedies
 - Water
 - Alcohol-based hand rubs
 - Tissues
 - Build a Kit Flyer

What You Need To Know Today

Prepare at Work

- Ask about plans and policies:
 - Employees should be encouraged to follow public health guidance re: school closing, avoiding crowds, etc.
 - To provide guidance to employees
 - who get sick and need to stay home
 - who need to provide care to a sick family member
 - To keep business functioning
 - Sick leave, benefits, and wages when employees are asked to remain at home

Prepare at School

- Ask about plans
 - At your child's school or day care regarding an influenza pandemic
 - To encourage parents to keep children who are sick at home to reduce the spread of the outbreak
 - Prepare for School based immunizations

What to Expect

- Unlike other disasters, a pandemic does not damage homes, utilities, buildings and other structures
- If the people who maintain facilities, transportation and similar public system are unable to work, daily life will be disrupted
- You will be asked to take personal action to reduce the spread of the outbreak

Together We Prepare

- Make a plan
- Build a kit
- Get training
- Volunteer
- Give Blood
- Get your vaccines. If you have concerns, contact your family care provider.



Resources

- <http://www.flu.delaware.gov>
- <http://www.pandemicflu.gov>
- www.cdc.gov
- www.who.int
- Epidemiology: 1-888-295-5156 (24hr)
- Immunization: 1-302-744-1060 (leave message after hours)