



Regional Resource Center for  
Public Health Emergency Preparedness

# Weekly H1N1 Influenza (Swine Flu) Situation Update

November 6, 2009

## About this Weekly Update

This publication will be released weekly throughout fall 2009 and early winter 2010 to assist healthcare and emergency medical services organizations and personnel in preparing for and responding to Novel H1N1 Influenza (Swine Flu) in Southern Maine.

Each update will contain:

- Influenza surveillance data for U.S. and Maine
- Important dates of upcoming meetings, conference calls, and trainings
- Updated news and guidance regarding vaccination, testing, reporting, treatment, personal protection, etc.
- Strategies to keep you informed

Remember that the best ways to protect yourself from flu are:

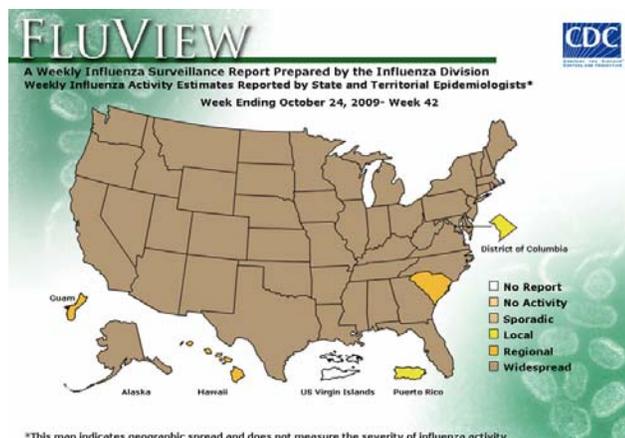
- **WASH** your hands
- **COVER** your cough
- **STAY HOME** if you're sick
- **GET VACCINATED**

View all *SMRRC H1N1 Influenza (Swine Flu) Situation Updates* (including archives) at: [www.smrrc.org](http://www.smrrc.org)

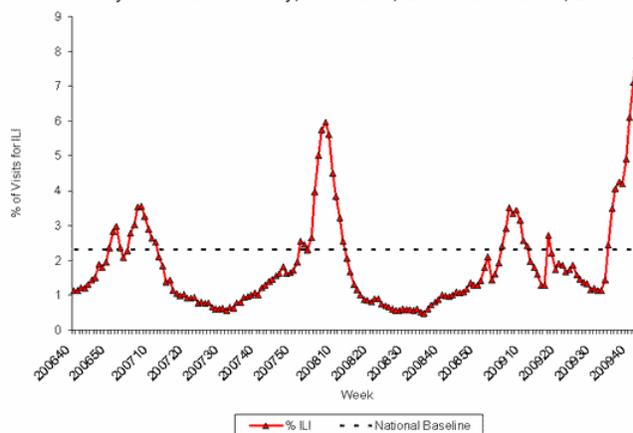
## Surveillance

### National

During the week of October 25-31, 2009, influenza activity remained high in the United States as reported in FluView. Flu activity is widespread in 48 states. Nationally, visits to doctors for influenza-like-illness decreased slightly this week over last week after four consecutive weeks of sharp increases. While ILI declined slightly, visits to doctors for ILI remain at much higher levels than what is expected for this time of year. In addition, flu-related hospitalizations and deaths continue to go up nation-wide and are above what is expected for this time of year. Eighteen flu-related pediatric deaths were reported this week. Since April 2009, CDC has received reports of 129 laboratory-confirmed pediatric 2009 H1N1 deaths. The 2009 novel H1N1 influenza A virus is the predominant influenza virus in circulation in most countries worldwide. These viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs oseltamivir and zanamivir with rare exception. (Source: US CDC, 11/6/09)



Percentage of Visits for Influenza-like Illness (ILI) Reported by the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), Weekly National Summary, October 1, 2006 - October 31, 2009



### Maine

The 2009 H1N1 flu continues to be widespread in Maine, as it is in 48 U.S. states. "In the past week, there have been increases in visits to health care providers for influenza-like illness (ILI) and increases in school absences. There have been 24 new outbreaks of ILI in K-12 schools and one in a university. Although the majority of outbreaks occurred in Kennebec and Penobscot counties, there were also outbreaks in Androscoggin, Aroostook, Franklin, Lincoln, Oxford, Somerset, Washington, and York counties. There were 10 people hospitalized due to H1N1, nearly all of whom have been discharged. Four of the hospitalized patients were otherwise healthy children; one was a young adult; and five were middle-aged adults. The first cases

of H1N1 in Franklin County were reported this week. There have now been confirmed cases of H1N1 in every county in Maine. Although the vast majority of people are not getting tested and do not need to, almost 300 people were tested and confirmed as having H1N1. Most of these were children.”

(Source: Maine DHHS/MCDC, 11/05/09)

Maine records second death of resident related to H1N1 (11/06/09). Press release [here](#).

Maine CDC reports 896 confirmed and probable cases of H1N1 since 4/27/09

- 727 in Maine residents; 28 Maine residents have been hospitalized
- 169 in out of state residents tested in Maine; 5 Out of state residents have been hospitalized in Maine
- 1 death reported to date (*note: second death reported on 11/06, not included in 11/05 surveillance report*)
- 91% of lab confirmed H1N1 cases in Maine residents and out of state visitors are under the age of 50 (range 0-81 years, mean of 20 years)

New This Week in Maine

- Federal Flu Code: Widespread
- **293** new confirmed and probable cases of H1N1
  - 291 in Maine residents
  - 2 in out of state residents tested in Maine
- 10 new hospitalizations reported: 6 from Androscoggin, 1 from Kennebec, 1 from Lincoln, 1 from Oxford, and 1 from Cumberland
- 25 new outbreaks reported, all in school settings. 1 residential school from Somerset, 3 K-12 schools from Lincoln, 2 K-12 schools from Kennebec, K-12 school in 9 counties and one university in Franklin County
- The first case of H1N1 in Franklin County was reported

#### Characteristics of Lab Confirmed H1N1 Influenza Cases - Maine Residents, 2009

Age		Gender		At Risk		Hospital Care				Deaths		
Age group	N	%	Male	Female	HCW	Pregnant	Hospitalized	%	ICU	Ventilated	N	%
<5	58	8	31	27	0	0	3	5	0	0	0	0
5 to 18	368	50	195	173	1	0	5	1	1	1	0	0
19 to 24	103	14	41	62	5	1	3	3	0	0	0	0
25 to 49	139	19	50	89	18	2	7	5	1	1	0	0
50 to 64	57	8	25	32	8	0	8	14	2	2	1	1.8
>65	4	1	2	2	0	0	2	50	1	0	0	0
<b>Total</b>	<b>729</b>	<b>~</b>	<b>344 (47%)</b>	<b>385(53%)</b>	<b>32</b>	<b>3</b>	<b>28</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>1</b>	<b>0.1</b>

(Source: Maine DHHS/MCDC, 11/4/09)

For more information on influenza disease activity, visit: [www.cdc.gov/h1n1flu/update.htm](http://www.cdc.gov/h1n1flu/update.htm) (US); and [www.mainflu.gov](http://www.mainflu.gov) (ME)

#### Important Dates

- Monday, November 9, 2009: 12:00-1:00 Maine CDC H1N1 Conference Call: This is a time to receive H1N1 updates from Dr. Dora Mills and participate in question and answer session. Conference call: 1-800-914-3396 passcode 473623

#### Updated News and Guidance

Maine Medical Center Department of Emergency Medicine has drafted two tool that clinical providers and hospital planners may find useful. (1) **Maine Medical Center Department of Emergency Medicine - Guidance for Emergency Medicine Management of Patients with Influenza Like Illnesses**; (2) **Maine Medical Center Department of Emergency Medicine - Decision Support Tool**. These tools are attached to this original posting, and will be posted at [www.smrrc.org](http://www.smrrc.org) soon.

**2009-2010 Influenza Season Triage Algorithm for Children (≤18 years) With Influenza-Like Illness:**  
<http://www.cdc.gov/h1n1flu/clinicians/pdf/childalgorithm2.pdf>

**2009-2010 Influenza Season Triage Algorithm for Adults (older than 18 years of age) With Influenza-Like Illness:**  
<http://www.cdc.gov/h1n1flu/clinicians/pdf/adultalgorithm.pdf>

Antiviral Treatment Options, including Intravenous **Peramivir**, for Treatment of Influenza in Hospitalized Patients for the 2009-2010 Season. Available at: [http://www.cdc.gov/h1n1flu/EUA/peramivir\\_recommendations.htm](http://www.cdc.gov/h1n1flu/EUA/peramivir_recommendations.htm)

The American Medical Association (AMA) has developed a comprehensive **web-based flu health-assessment program**: [www.AMAFluHelp.org](http://www.AMAFluHelp.org) for consumers and healthcare professionals with helpful self-assessment and personalized guidance on H1N1 and seasonal influenza. This free flu web site allows patients to assess symptoms quickly, interact with their physician, and receive advice on when to return to work.

Maine CDC Press Releases (available at: [www.maine flu.gov](http://www.maine flu.gov))

11/6/09 Maine Records Second Death of Resident Related to H1N1

11/5/09 H1N1 Vaccine Efforts Expand as School Absenteeism Grows

#### H1N1 Vaccine Supply and Prioritization

Vaccine is being distributed at an unprecedented speed. Almost 40,000 doses of vaccine are arriving this week, bringing the total as of Nov. 5, to 138,600 doses in Maine. This is about 20% of the total amount of vaccine needed for **prioritized populations** in the state. Vaccine is continuing to be shipped as soon as it is allocated. However, **it is possible that there will not be sufficient supplies of vaccine for some of the highest priority people until next month. Vaccine is being sent out in response to several factors, including current trends in infections, prioritized populations, and the supply available.**

**[Maine CDC asks] that health care providers receiving shipments of H1N1 vaccine make sure it is immediately available to schools if they are serving as a distribution site for schools, and that in general, pregnant women and children be prioritized.** (Source: Maine DHHS/MCDC, 11/05/09)

#### New Guidance and Information Related to Vaccine:

- This US CDC site has current information on H1N1 vaccine dosage, administration, and storage: <http://www.cdc.gov/h1n1flu/vaccination/dosage.htm>
- US CDC posted a video (available with captions) about vaccine safety: <http://www.youtube.com/watch?v=RguFQOco9Ns>
- US CDC now posts an aggregate number of H1N1 vaccine doses daily at noon at <http://www.cdc.gov/h1n1flu/vaccination/vaccinesupply.htm> and updated its vaccine Q&A at [http://www.cdc.gov/h1n1flu/vaccination/qa\\_vac\\_supply.htm](http://www.cdc.gov/h1n1flu/vaccination/qa_vac_supply.htm).
- US CDC updated its Influenza Vaccination Record and made a printable version available for providers: [http://www.cdc.gov/h1n1flu/vaccination/slv/pdf/influenza\\_record\\_card\\_10-09.pdf](http://www.cdc.gov/h1n1flu/vaccination/slv/pdf/influenza_record_card_10-09.pdf)
- Maine CDC has created a new Vaccine Information page, which links to the Vaccine Information Statements (VIS), a fact sheet on the nasal spray vaccine in Maine, and information about vaccine safety: <http://www.maine.gov/dhhs/boh/maine flu/vaccine-information.shtml>.
- Additional details for health care providers, including information on Vaccine Adverse Effects Reporting are available at: <http://www.maine.gov/dhhs/boh/maine flu/h1n1/hc-providers/vaccine-info-hcp.shtml>

#### Seasonal Flu Vaccine Delay

Seasonal flu vaccine supply continues to be delayed in Maine. Both Maine CDC and privately ordered vaccine have been reported delays, and it may be until late November before supplies arrive in Maine. **Currently, the predominant virus is novel H1N1, so it is important to offer children and others at risk the H1N1 vaccine as soon as possible.**

#### Antiviral Treatment

Anyone who is in a high risk category for flu complications – **those younger than 2 years old, 65 years or older, pregnant, and/or those with an underlying medical condition** – should be started on prescription antiviral medicines such as Tamiflu® if they have flu symptoms or if anyone in their household has symptoms.

**Maine CDC's Stockpile:** Maine CDC encourages physicians to prescribe antiviral medications as appropriate. In an effort to minimize financial barriers, Maine CDC has mobilized a significant portion of the state-purchased stockpile of antiviral medications for use by patients who do not have adequate insurance coverage (no insurance, high deductibles, high co-pays). Read the full Health Alert issued on this topic here: <http://www.maine.gov/tools/whatsnew/index.php?topic=DHHS-HAN&id=84066&v=alert> (Source: Maine DHHS/MCDC, 11/05/09)

The FDA has issued guidance on compounding an oral suspension of Tamiflu® to provide multiple prescriptions: <http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm188629.htm>

US CDC has also posted information about the safety of antivirals ([http://www.cdc.gov/H1N1flu/antivirals/safety\\_info.htm](http://www.cdc.gov/H1N1flu/antivirals/safety_info.htm)).

## Stay Informed

Maine CDC General Public Call-In Number: 1-888-257-0990 (M-F, 9-5)

Maine CDC Healthcare Provider Disease Reporting and Information Line:  
1-800-821-5821 (24/7)

Maine CDC General Influenza Questions: [flu.questions@maine.gov](mailto:flu.questions@maine.gov)

Maine CDC Medical/Clinical Influenza Questions: [disease.reporting@maine.gov](mailto:disease.reporting@maine.gov)

Maine CDC H1N1 Information: [www.maineflu.gov](http://www.maineflu.gov) Press Releases: <http://bit.ly/2zSpJC>

U.S. CDC H1N1 Information: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) and [www.flu.gov](http://www.flu.gov)



Remember there is excellent information, guidance, and forms for **Health Care Providers, Clinicians, and EMS**, including a continuously updated FAQ available from Maine CDC at: <http://www.maine.gov/dhhs/boh/maineflu/h1n1/health-care-providers.shtml> and a **Health Care Provider Toolkit for H1N1 Vaccine Clinics** at: <http://www.maine.gov/dhhs/boh/maineflu/h1n1/hc-providers/index.shtml>

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