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Novel H1N1 Flu (“Swine Flu”)

This situation continues to evolve daily. For new and updated guidance, see www.cdc.gov/H1N1flu/.

- **Orange County (OC) update:** As of May 7, 2009, 20 confirmed or probable novel H1N1 flu cases were reported in Orange County. None of these cases were hospitalized and there have been no deaths. Based on the federal and state guidance at the time, one school with a probable case and evidence of increased absenteeism and influenza-like illness was closed on 5/4/09 but was reopened on 5/6/09 with the new guidance from the Centers for Disease Control and Prevention (CDC). Based on this new guidance, schools with probable or confirmed cases will NOT be closed unless there is a magnitude of absenteeism such that it interferes with the school’s ability to function. To view the CDC guidance for schools, childcare facilities, colleges and universities, see <http://www.cdc.gov/h1n1flu/guidance/>.
- **National and global update:** As of May 7, 2009, 896 confirmed cases and two (0.3%) deaths have been reported from 41 states in the U.S. Cases have also been reported in 23 other countries, with Mexico reporting the most (1112) cases and 42 (3.8%) deaths. No other countries have reported deaths.
- **Summary of U.S. cases:** From the initial 642 confirmed cases reported, 35 (5.5%) were hospitalized and there were 2 (0.3%) deaths, both in patients with underlying medical conditions. Age distribution ranged from 3 months to 81 years, with most cases (73%) being within the age of 5-29 years. Among confirmed cases for whom symptom data were available, 90% reported fever, 84% cough, 61% sore throat, 26% diarrhea, and 24% vomiting. The age distribution and hospitalization rate is similar to what is being reported from Mexico. See 5/8/09 MMWR, “Update: Novel Influenza A (H1N1) Virus Infections – Worldwide, May 6, 2009”, available at www.cdc.gov/mmwr. Although overall the H1N1 infections seem to be self-limited, uncomplicated, and similar to seasonal influenza, the percentage of patients requiring hospitalization appears to be higher than would be expected during a typical flu season and the age distribution for hospitalized patients (particularly high among 30-44 year olds) is different than that expected for seasonal influenza. Additional investigation into the epidemiology of and risk factors for disease is ongoing.
- **Priorities for surveillance:** Priorities for surveillance have shifted from detecting all cases to focusing on (1) severe illness to detect any changes in the virulence or epidemiology of the viruses, (2) outbreaks to assist with mitigation in the particular outbreak setting and (3) high risk groups (such as health care workers, pregnant women, or institutionalized persons). Please see the latest criteria for testing (last updated 5/4/09), available at www.ochca.com/epi/swine/providers.
 - As of 5/6/09, over 450 suspect H1N1 reports have been evaluated by OC Public Health from Orange County providers. Over 1400 phone calls about H1N1 flu from providers and the public have been responded to through Epidemiology and the Health Referral Line.
 - Over 300 specimens have been received and tested by the OC Public Health Laboratory. 13% of specimens tested have been positive for influenza A by polymerase chain reaction (PCR), and about 60% of those have been non-subtypable for H1 and H3 using human primers and are considered probable novel H1N1 flu. Based on national experience, probable cases are likely (>99%) to be confirmed.
- **Sentinel providers – Please report weekly on your influenza-like illness (ILI) visits! We count on your reports to help us monitor the level of ILI in the community.**
- **New or updated info on H1N1 from the CDC, available at <http://www.cdc.gov/h1n1flu/guidance/>:**
 - Schools: School (K-12) and Childcare Facilities (5/7/09), Colleges & Universities (5/6/09)
 - Clinicians: Antiviral recommendations (5/7/09), Identifying and caring for patients (5/4/09)
 - Public: Things you can do to stay away from flu — *podcast for kids* (5/7/09), What to do if you get flu-like symptoms (5/6/09)
 - Other: Cruise ships (5/4/09)
- **Help promote healthy habits to prevent infection: <http://www.cdc.gov/flu/protect/habits.htm>**
 - **Cover Your Cough flyers: <http://www.cdc.gov/flu/protect/covercough.htm>.**
- ***New England Journal of Medicine* series of articles on novel H1N1flu: just released on-line 5/7/09 <http://h1n1.nejm.org/>.**



If you have any comments about this flyer, contact Pamela Roa Hipp or Michele Cheung, MD, at (714) 834-8180.

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