

# Pandemic H1N1 Influenza

## Central Ohio's Public Health Response

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Industrial Security Services

[www.columbuspandemicflu.com](http://www.columbuspandemicflu.com)



Franklin County



Board of Health

# Seasonal Influenza

- Caused by a virus
- Occurs annually, predictable
- Is a mild to severe illness
- Many, many different seasonal flu virus strains with very minor year to year changes
- Affects the very young and elderly
- Causes an average of 200,000 hospitalizations and 36,000 deaths each year in the U.S.



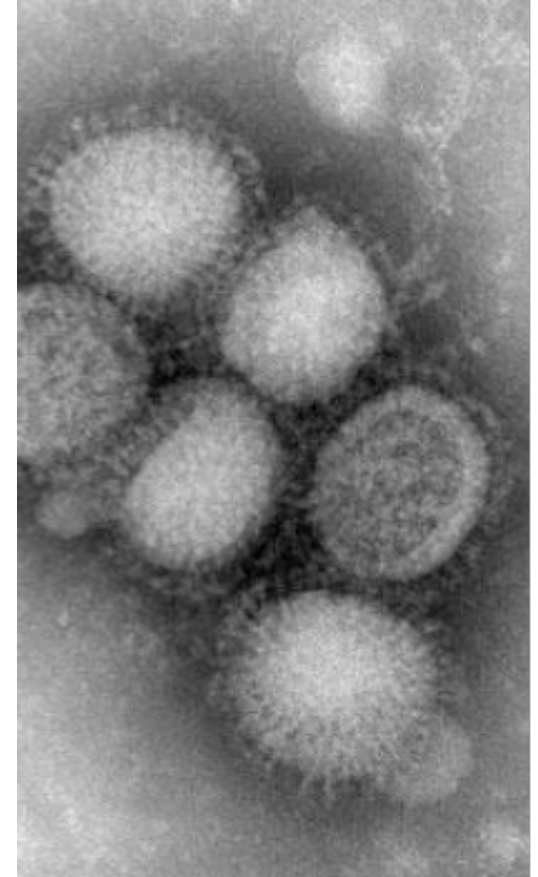
# Pandemic Influenza

- Caused by a *new* virus
- Can cause serious illness because there is *little to no immunity in humans*
- Spreads easily from person to person
- Can happen any time of year
- Uses WHO Phases/US Stages for planning and outbreak
- Becomes globally widespread



# Pandemic H1N1 Influenza

- The H1N1 Virus
  - Brand new combination of swine, bird and human influenza viruses
  - Spreads easily from *human to human*
  - Learning about virus and watching closely for changes
- Illness and immunity
  - Humans have *little to no immunity to virus*
  - Severity Index Measures
- Vaccine
  - New vaccines need 4-6 months to develop, test, manufacture and dispense



## H1N1 Update

# Public Health Planning

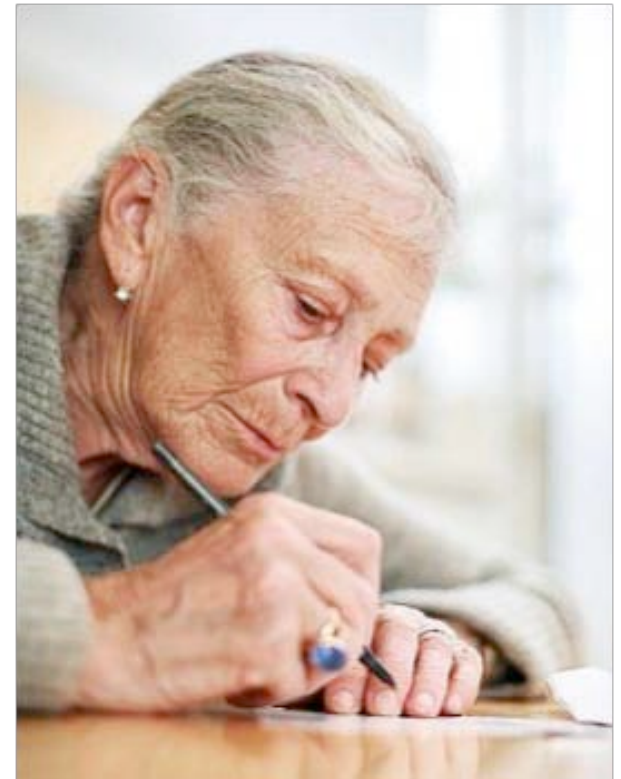
### Pandemic H1N1

- Could strike up to 50% of U.S population
  - More contagious than seasonal flu
  - Estimated 100,000 deaths or more
- Absenteeism in the workplace around 38%
- **New at-risk groups:**
  - Pregnant women
  - Young persons
    - 6 month – 24 year olds
    - 5-24 year olds seem to have most severe disease
  - Minority populations
    - Four times more likely to be hospitalized

# H1N1 Flu

## Senior Citizens

- Are experiencing much less severe disease
- Not seeing in the ages reported as needing hospitalization
- May have some small immunity from lifetime exposures with proteins of this new virus
- Better infection control habits
- **Note:** Seasonal Flu is a very different story!



# Flu Spread

- Spread of H1N1 like spread of seasonal flu
- Can be spread through:
  - Respiratory droplets (coughing, sneezing or talking)
  - Touching surfaces contaminated with virus
- Infected people spread the flu:
  - People are contagious 1 day prior to symptoms and for a min. of 7 days after symptoms begin
  - Incubation is about 1-4 days
  - Children normally shed more virus than adults



# H1N1 Symptoms

*Like those of seasonal flu...*

- **Sudden onset**
- **Fever** > 100°F (38°C)
- Runny or stuffy nose
- Cough
- **Body aches**
- Headaches
- Sore throat
- Chills
- Fatigue
- Diarrhea and vomiting are reported for some



# Pandemic H1N1 Update

## 2009 Timeline

- **March** Virus first appears in a human in Mexico
  - **April** First case in U.S.
  - **June** H1N1 found in all 50 states
  - **June 11** WHO declares H1N1 is a Pandemic
  - **July 16** WHO declares H1N1 widespread and no longer tracking individual cases and numbers of countries
  - **July 24** CDC reporting only hospitalizations and deaths
  - **August 5** ODH no longer reporting individual cases as is widespread in the community
- Preparing for 2nd wave of pandemic this fall/early winter



# Pandemic H1N1

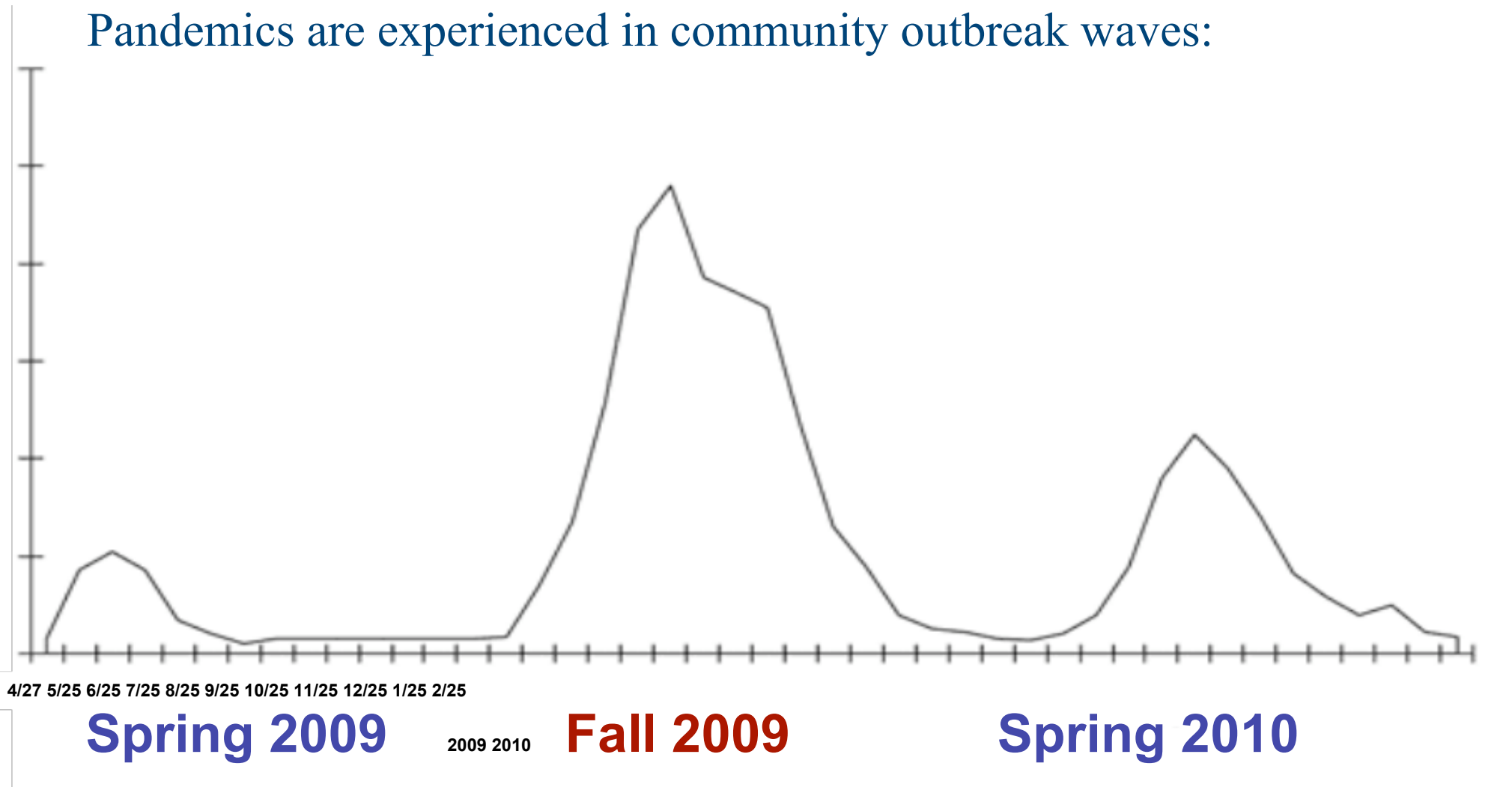
## Testing & Medical Treatment

- H1N1 Diagnosis
  - Existence of flu-like symptoms
  - Now so widespread in community
    - assume it is H1N1 if have flu symptoms**
  - Rapid tests for Influenza A
- Antiviral treatments
  - Can prevent complications if taken in time
  - Tamiflu currently effective against influenza A virus (H1N1)
  - May not be effective if H1N1 virus changes
  - Resources are prioritized based on national guidance:
    - Use for treatment
    - Prevention if exposed and at very high risk of complications from H1N1 flu (i.e. pregnancy)



# (Spring 2009- Spring 2010) Pandemic H1N1 Waves

Pandemics are experienced in community outbreak waves:



# Public Health & Pandemic H1N1

## Role of local health department:

- Coordinate local response effort
- Surveillance and tracking
- Public information & communication
- Antiviral & vaccine delivery when available
- Case management
- Community containment
  - Isolate = Infected or Ill
  - Quarantine = Exposed



# H1N1 Flu

# Home Care

- Care for H1N1 flu is **like seasonal flu care**:
  - Monitor symptoms
  - Use meds to treat symptoms
  - Prevent dehydration
  - Reduce Fever
- Increase disinfection of home surfaces
- Separate ill household member from others- use one person as caregiver
- It is OK to wash dishes and clothes together-use soap and hot water



## About Vaccines

# Pandemic H1N1 Influenza Vaccine



- Seasonal flu shot will *not* protect against H1N1
- H1N1 shot will *not* protect against seasonal flu
- Fall H1N1 Vaccination Effort
  - Scheduled for mid/late October, through winter
  - Specifics unknown for
    - # of doses
    - timing

## Vaccine Priority

# Pandemic H1N1 Influenza Vaccine

- **Vaccination Priority Groups**
  - Pregnant women
  - Household contact of children less than 6 months
  - Healthcare workers and emergency personnel
  - Children and young adults 6 months – 24 years
  - Non-elderly adults 25-64 with underlying conditions

*-Approximately 160 million Americans in total*



# What Can You Do?

Wash your hands



Cover your cough



Stay home if you're sick!

Get your seasonal flu shots

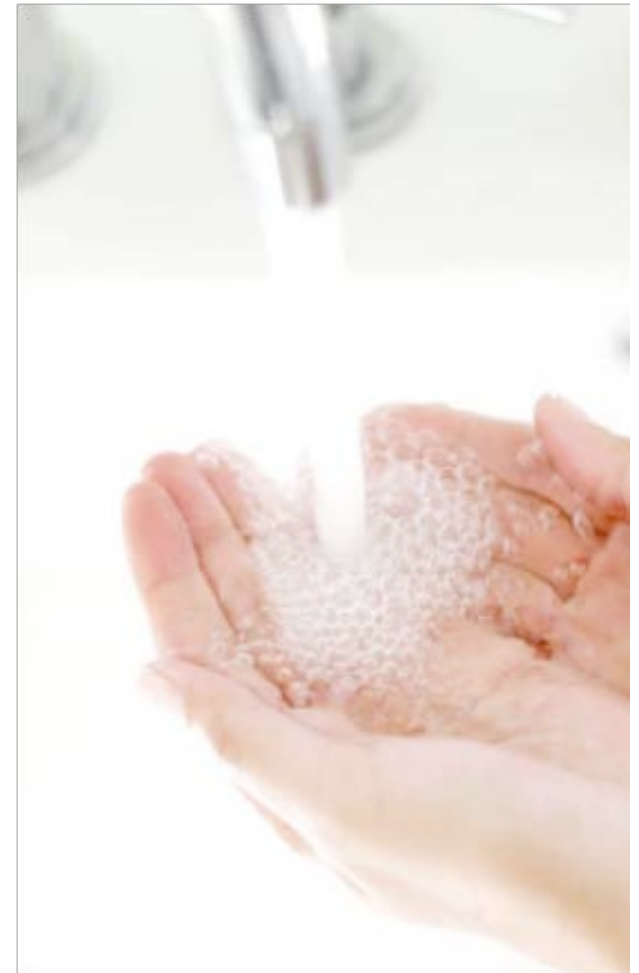


# Limiting the Spread

# Wash Your Hands

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- **Handwashing is the single most important action you can take to prevent the onset of illness!** -According to the Centers for Disease Control and Prevention (CDC)
- Proper Handwashing
  - Wet hands with warm water
  - Apply soap
  - Suds and scrub all parts of hands for 20 seconds
  - Handle faucets and door knobs with towel for hands stay clean when leaving bathroom



# Limiting the Spread Use of Hand Sanitizers

- When you can't use soap and warm water, hand sanitizer is effective:
  - Use at least 60% alcohol
  - Put nickel-size amount in palm, do fingernails first, and rub hands for full 15 seconds.
  - Let air dry, do not wipe off.
  - Wash with soap and water after every 5 to 10 sanitizer uses
- Avoid touching your eyes, nose and mouth-if touch then wash right away



# Limiting the Spread

# Cover Your Cough



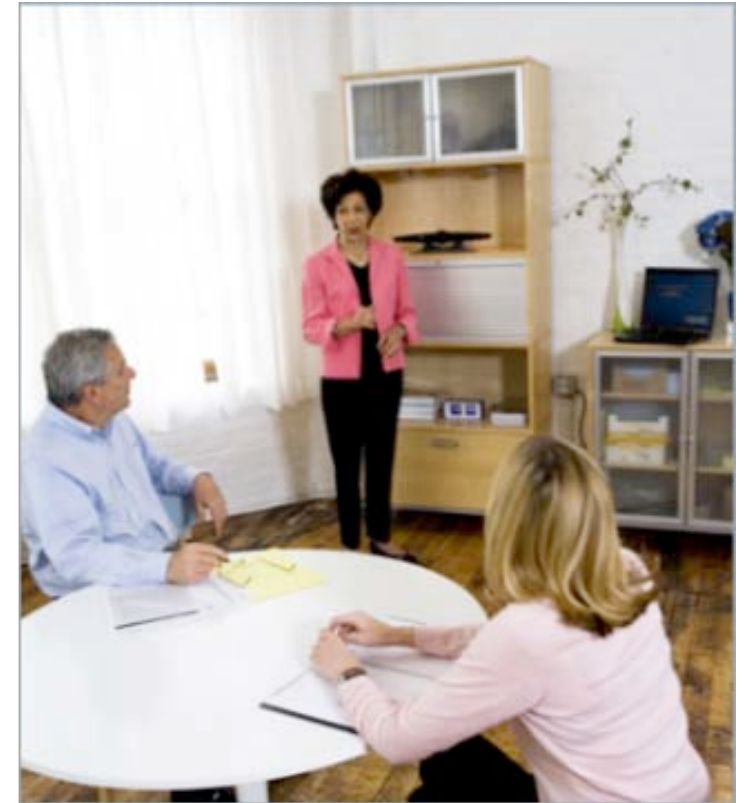
- Prevent the spread of infection from sneezing or coughing
- Proper ways to cover your cough:
  - Cover your mouth and nose with tissue and throw away after one use then wash hands
  - Cough or sneeze into your upper sleeve or bend of the elbow, covering your mouth and nose *not into hands*

Entertaining 4 minute video available at <http://www.coughsafe.com/media.html>

# Social Distancing

Social distancing allows space between people so the virus does not land on them and spread this way

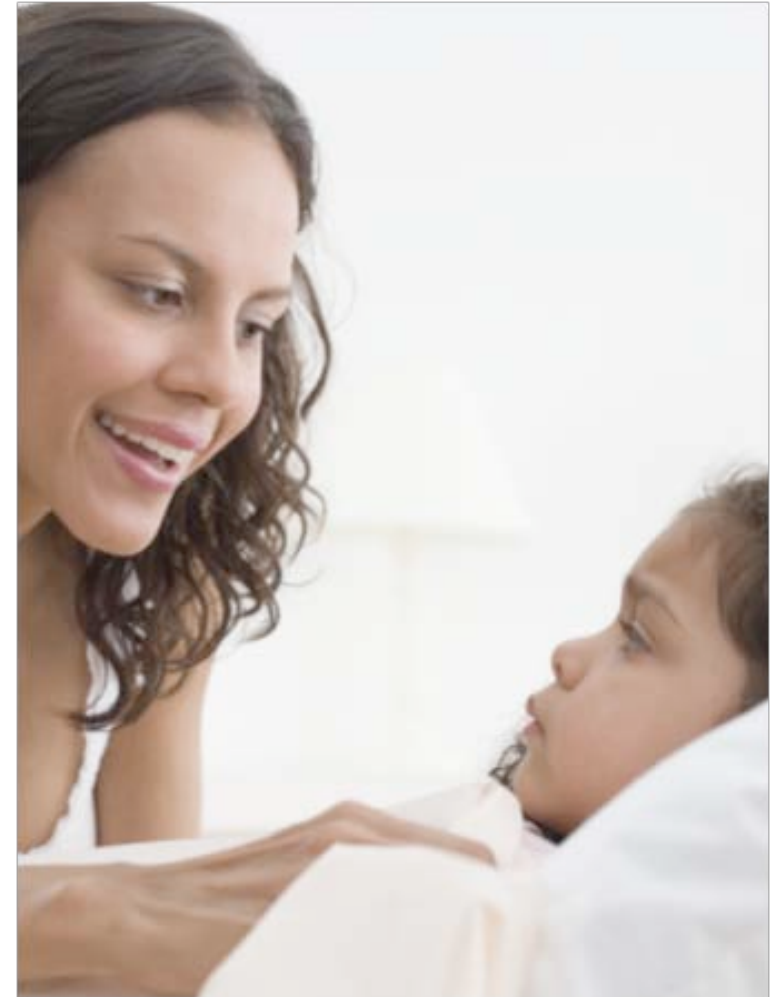
- Stop shaking hands
- Stay 6 feet away all around from someone coughing and sneezing
- Avoid crowded settings



## Limiting the Spread

# Stay Home If You're Sick!

- Staying home helps protect others from your germs
- Take *responsibility* :
  - Don't go to work if you're sick
  - Keep kids out of school or childcare if they are sick
- Stay home for 24 hours after fever-free without fever-reducing medications
- Call your healthcare provider if you experience very high fevers, have difficulty breathing or chest pain, are unable to drink enough fluids or have difficulty keeping those fluids down



## Vaccines

# Seasonal Influenza Vaccine

- Are available now
- Will decrease risk of getting seasonal flu
  - You *cannot* get the flu from the flu shot
- Must get seasonal vaccine every year
- **Anyone who wants to decrease risk of getting flu should be vaccinated**
- CDC 2009-2010 recommended groups:
  - Children 6 months – 18 years
  - Adults 50 years or older
  - Pregnant women
  - Anyone with medical conditions
  - Those who live with or care for people at high risk



# Limiting the Spread Surface Cleaning

- Cleaning removes dirt and grime; **disinfection destroys germs.**
- Flu viruses are fragile on surfaces so easier to destroy
- Multi-use surfaces include counters, sinks,
- telephones, hand rails, door knobs, light switches.
- Common area disinfectants include
- *normal* household products:
  - Alcohol
  - Household sani-wipes
  - Bleach solution- use  $\frac{1}{4}$  cup bleach mixed in 1 gallon of water mixed new daily



# A Word About Facemasks



- Facemasks are fluid resistant loose-fitting, disposable
- They cover the nose and mouth
- They are made of soft materials and comfortable to wear
- Include products labeled as surgical, dental, medical procedure, isolation, and laser masks
- Come with ear loops, ties, or elastic to stay on

Facemasks are a ***barrier*** protection only!

# Facemasks

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Facemasks are worn when coughing or sneezing to protect *others* from your germs!



Routinely, “In community and home settings, *the use of facemasks and respirators generally are not recommended.*” according to the CDC

# Infection Control

## A Layered Approach

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It takes use of all strategies to reduce the spread of flu viruses:

- Infection Control
- Safer Environments
- Social Distancing
- Antivirals and vaccine



**Virus**

# Home Pandemic Flu Planning



## Make a plan, Make a kit, Listen for information

- Create an emergency plan for both your family and workplace.
- Gather food and medicine for two weeks.
- Keep cleaning supplies on hand.
- Make continuing plans for children if schools and/or childcares need to close.
- Practice infection control in your home and at work.
- Teach children and their caregivers about your plans.
- Stay tuned for updates from local public health sources.



# Pandemic H1N1

## We All Have a Part To Play

Hospitals Schools Police

Faith Based

Community Centers



Social Agencies

Working together to protect our community

Fire

Public Health Utilities Businesses

# Help Your Community

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- Volunteer in your neighborhood
- Volunteer in emergency response organizations:
  - Community Emergency Response Team (CERT)
  - Medical Reserve Corps (MRC)
- Support and follow your local health department guidance
- Get your flu vaccines
- Help spread the word, not your germs!

# Information Sources

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## Columbus/Franklin County

- [www.columbuspandemicflu.org](http://www.columbuspandemicflu.org) – main local source
- [www.cdrsinfo](http://www.cdrsinfo) - healthcare guidelines
- Facebook & Twitter - social media, ongoing info
- Sign up for E-health Alerts - email updates  
[www.publichealthcolumbus.gov](http://www.publichealthcolumbus.gov)

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark blue rectangular background.The Twitter logo, featuring the word "twitter" in a light blue, lowercase, sans-serif font with a soft glow effect.The "e healthALERT" logo, where a small dark blue square with a white lowercase "e" is followed by the words "healthALERT" in a blue, sans-serif font.

# Information Sources

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## Phone

- Central Ohio Community Flu Hotline 211 (221-2255)
- Seasonal Flu – Vaccine4me (614) 437-2900  
or toll-free (888) 202-1319

## National

- [www.flu.gov](http://www.flu.gov)
- [www.cdc.gov/H1N1FLU/](http://www.cdc.gov/H1N1FLU/)

# Stay safe and be well

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## Questions?



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