

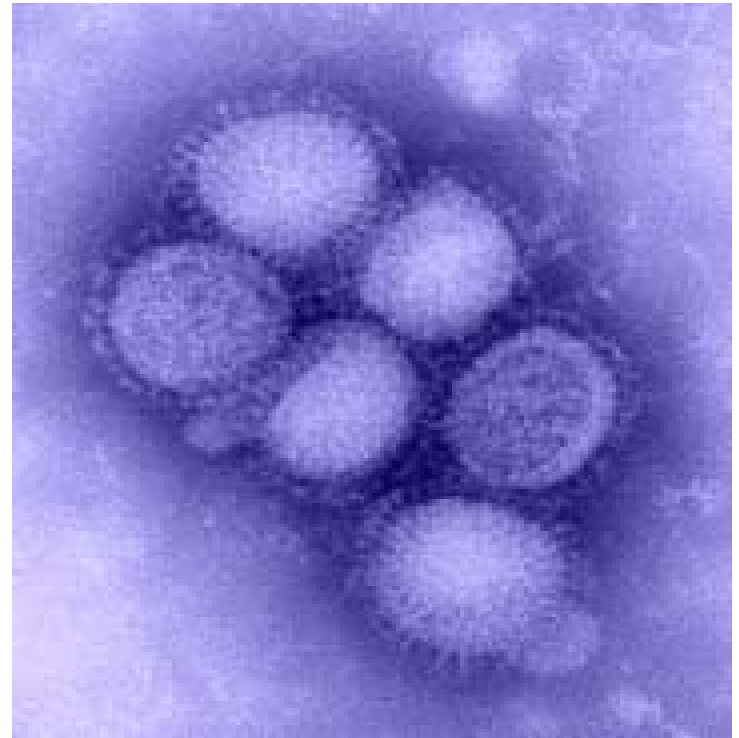
Novel H1N1: Infection Prevention

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Focus

- What are the symptoms of H1N1 flu?
- How is H1N1 flu spread?
- How to prevent spread

Influenza-like illness (ILI)

- Fever ≥ 37.8 C (≥ 100 F) **AND**
 - Cough
 - Sore throat
 - Body aches
 - Diarrhea
 - Headache
 - Runny or stuffy nose

In absence of another cause

Acute febrile respiratory illness

- Fever ≥ 37.8 C (≥ 100 F) **AND**
 - Pneumonia
 - Acute respiratory distress syndrome

In absence of another cause

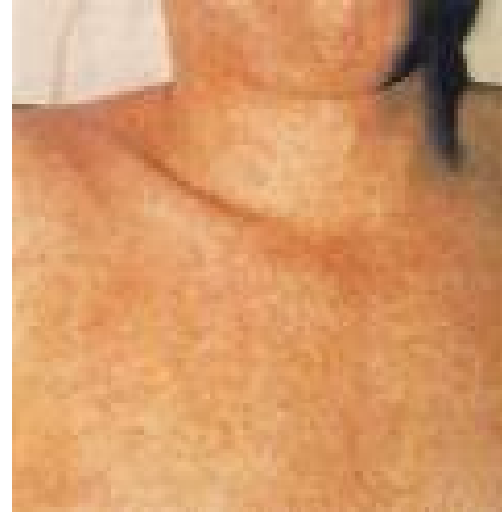
Novel Influenza A (H1N1)

- **Confirmed case:** Acute febrile respiratory illness with laboratory confirmed novel H1N1 testing
- **Probable case:** Acute respiratory illness who laboratory test positive for influenza A
- **Suspected case:** Unexplained acute febrile respiratory illness

When to seek medical treatment



Difficulty breathing, chest pain, nausea, vomiting, diarrhea



Fever and rash, dehydration



Headache, dizziness, confusion

Transmission

- Same as seasonal flu (droplet): within 3-6ft



Transmission

- Contact: Touching contaminated surfaces and then touching your nose and/or eyes



Exposures not thought to spread H1N1

- Eating or preparing pork
- Tap water
- Recreational water exposure

How long is someone contagious?

- 1 day prior until 7 days after symptoms occur

What to do



Stay home if you are sick



Discard used tissues



Cough or sneeze into your sleeve

Wash your hands for
15-20 seconds or use
hand sanitizer



Upon Arrival to Clinical Setting/Triage

- Post signs with instructions
- Put surgical mask on person, if tolerable
- Place in private room ASAP if mask intolerable
- Respiratory hygiene/cough etiquette
- Direct person with flu-like symptoms to a designated waiting area

Before every patient contact

- Put on surgical mask
- Hand hygiene
- Put on eye protection, gown and gloves if there is risk to body fluid splashes
- Clean and disinfect personal/dedicated patient equipment between patients
- Change gloves and clean hands between patients
- **CLEAN HANDS AFTER REMOVING GLOVES**

Placement of the sick person

- Separate room or keep at least 6 ft distance and keep door closed, window open(if possible)
- Avoid face to face contact
- Have the sick person wear a face mask if need to leave the room
- Hand hygiene
- Cough and respiratory etiquette
- Disinfect common use surfaces

Cleaning and Waste Disposal



- Throw away tissues and other disposable items in the trash (consider wearing gloves)
- Wash hands after gloves removed
- Keep surfaces clean by wiping down with a household detergent according to directions on the product label
- Linens, eating utensils, dishes used by sick do not need to be cleaned separately. **DO NOT SHARE WITHOUT WASHING FIRST!**

Cleaning and laundry

- Eating utensils should be washed either in a dishwasher or by hand with soap and water
- Wash linens (bed sheets and towels) using laundry soap and tumble dry on hot setting
- Avoid “hugging laundry”
- Use hand sanitizer or wash your hands with soap and water after handling laundry

High risk groups

- Pregnancy
- Health care workers
- 6 months –24yrs
- > 24yrs with medical conditions(lung disease, asthma,HIV, diabetes, weakened immune systems)
- > 65yrs with medical conditions
- residents of long term care facilities

Medical interventions

- Seasonal flu vaccine
- H1N1 vaccine (not yet available)
- Antiviral medications for chemo prophylaxis, treatment (tamiflu, relenza)
- Pneumococcal vaccine

Chemo prophylaxis

- Individuals with weak immune systems who have close contact (face to face, 6 feet) with a case
- Health care workers, public health providers, first responders who have close contact exposure to confirmed, probable or suspect case

Other measures: Social distancing

- Limit number of visitors to the sick
- High risk individual avoid public gatherings where nH1N1 is known to be circulating in the community
- Stay home until 24 hrs without fever (off Tylenol, ibuprophen), symptoms

Conclusions

- **WASH YOUR HANDS**
- Stay home if you are sick
- Cover your mouth and nose when you cough or sneeze
- Avoid touching your mouth and nose
- Do not share personal items
- Clean surfaces, laundry with household detergents
- Utensils should be cleaned with soap and water or placed in dishwasher

- Questions?

- www.cdc.gov/h1n1flu/