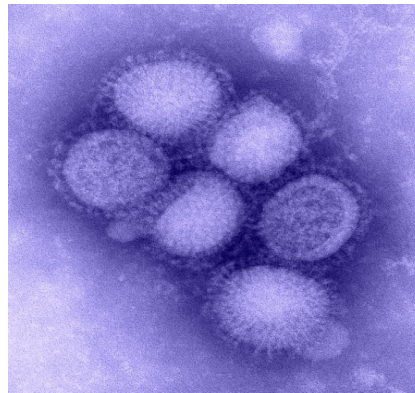

Cameron County

Department of Health and Human Services



Influenza

September 24, 2009

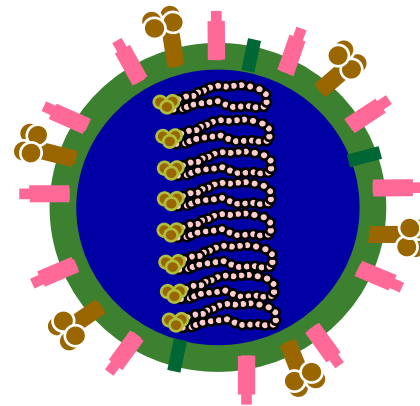


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Seasonal Flu and H1N1 Flu

- Each year in Texas, it's estimated that Seasonal Influenza viruses have the following impact:
 - Between 1 and 5 million people sick
 - Over 16,000 people hospitalized
 - Nearly 3,000 people die each year (36,000 in U.S.)
- To date in Texas, the novel H1N1 virus has had the following impact:
 - 5,200 sick
 - 270 hospitalized
 - 28 people have died



The degree of impact is unknown

The impact of novel H1N1 virus in the upcoming flu season will raise the number of people who get sick, become hospitalized, or die.

Department of State Health Services is no longer monitoring H1N1 cases



General Influenza Characteristics

- Sudden onset of symptoms
- Incubation period: ~1-4 days
- Infectious period: 5+ days starting 1 day before symptoms (longer in children)
- Fever, headache, cough, sore throat, aches, possibly vomiting and diarrhea
- 50% of individuals with typical “seasonal” influenza have contact with the health care system (ranging from a doctor visit to hospital admission)



Signs and Symptoms of Novel A (H1N1) Cases Reported

Symptoms reported in confirmed cases	
Fever (>100°F) (median temp: 102.0°F)	94%
Cough	87%
Sore throat	61%
Diarrhea and/or vomiting	47%



Descriptive Statistics of Novel A (H1N1) Cases Reported

Demographic	Percent
Sex	
Male	49%
Female	51%
Age (median 10 yrs, range 1 mos – 84 yrs)	
<5 years	16%
5-18 years	65%
19-45 years	15%
>45 years	4%



Novel H1N1 Virus Lessons Learned

- Young adults MAY experience higher than expected mortality rates from a “novel” (new) strain of influenza virus
- Severity of illness MAY be lessened by prior exposure to a genetically related influenza virus
- Targeted, layered non-pharmaceutical interventions (NPI) MAY help mitigate the impact of flu on communities



H1N1 Confirmation

In the U.S., H1N1 confirmations are conducted by the Centers for Disease Control and Prevention (CDC) Laboratory and by designated laboratory's.

Flow:

Patient - gets sick and goes to medical provider

Physician – rapid flu test A positive or negative does not indicate H1N1 infection. Antivirals medication maybe prescribed (Tamiflu and Relenza) if patient is at risk for major complications (i.e. pregnant, chronic health problems).

If a patient is hospitalized due to influenza-like illness a specimen may be submitted for H1N1 testing at a designated laboratory.



Antiviral Medications for Influenza

- Inhibits the growth or reproduction of the virus
- Antiviral medications are available in the normal marketplace
- Antiviral medications are just one piece of the response effort
- If given within 48 hours of exposure or before exposure antivirals may:
 - prevent disease, but only while medication is taken
 - not provide long term protection
- If given within 48 hours of symptoms antivirals may:
 - reduce length of illness by 1-2 days
 - prevent severe complications



Novel H1N1 Vaccinations: Population Priorities

Initial Groups Targeted for Vaccinations (*not in priority order*):

- Pregnant Women
- Household contacts of babies under 6 months of age
- Health care and emergency medical services workers
- Children and young people age 6 months through 24 years
- People between 25 and 64 years who have chronic medical conditions

Total of priority targets = 159 million Americans



Non-Pharmaceutical Interventions

Non-Pharmaceutical Interventions (NPI) include methods to reduce spread of disease (e.g., community mitigation, good hygiene, staying home when sick)



Prevention Overview

- Antiviral medications are just one component for controlling a novel H1N1 influenza virus outbreak.
- Seek both seasonal and novel H1N1 virus influenza vaccine as soon as they are available.
- Anyone in a group targeted for novel H1N1 virus vaccination should be vaccinated as soon as the vaccine becomes available.
- Non-pharmaceutical interventions (hand washing, social distancing, staying home from work/school when ill) are key elements to reduce transmission.



Transferability Rate

- Seasonal Flu: One person with seasonal flu can transmit the virus to 1.2 - 1.4 persons.
- H1N1 Flu: One person with H1N1 flu can transmit the virus to 1 - 3.5 persons.



How is flu surveillance conducted?

- Cameron County has 5 Sentinel Sites that consist of four hospitals and one clinical site.
- A weekly submission of an influenza-like illness survey is provided to Cameron County on a weekly basis; Cameron County forwards to Department of State Health Service (DSHS) Influenza Surveillance Program.
- Data is then published on DSHS website.

PURPOSE- response planning and logistics.



School Planning

- School Monitoring of absenteeism.
- School closure - based on severity of the disease, school closure is not recommended for disease control. If severity of outbreak increase, school closures may be approached differently.
- High absentee of work force or students may not be viable to continue school operations.
- The decision to close schools is made at the local level by Superintendent, School Board and with Local Health Department guidance.
- Schools are to develop plans to provide meals to students during school closure.



Public Health Messages

- Practice good hand hygiene
- Practice cough/sneeze etiquette
- Be prepared to get sick
- Stay home when you get sick
- Get your flu vaccinations (shots or sprays)
- No aspirin for kids when they are sick
- Get pneumococcal vaccine as recommended



H1N1 Miscellaneous

- No travel restrictions as the flu is worldwide.
- Texas school closures: 853 schools with enrollment of 506,019 closed
- Texas Education Agency reported 3 school closures in Cameron County with 77,616 enrollment. This is a conservative figure because did not include Rio Hondo, Santa Rosa, and charter schools.



H1N1 Vaccine Production Capacity

- 94,000,000 vaccines a week are being produced.
- Children under 10 years of age will receive two doses of the H1N1 Vaccine thirty (30) days apart and anyone over 10 years of age will only receive one dose of the H1N1 Vaccine. This is based on U.S. clinical trials study of antibodies.
- Patients who have already had H1N1 no longer need the vaccine.



Cameron County Public Health

Flu Vaccine Availability

- Texas Vaccines for Children Program Season Flu Vaccine
 - State funded vaccine
 - Targets 6 months to 18 Years of age
 - Fee based on sliding scale \$0.00 - \$14.85
- Cameron County General Fund Seasonal Flu Vaccine
 - In the spring, general fund purchased flu Vaccine
 - Doses purchased is based on prior year's vaccines administered
 - Purchased 1,500 doses for \$13,353 ($\$81.52 + \$7.50 = \89.02 or $\$8.90$)
 - Additional doses are NOT available for purchase
 - Targets general public including Cameron County employees and dependents
 - Fee \$15.00
- Cameron County General Fund Pneumococcal Vaccine
 - Cameron County General Fund Pneumococcal Vaccine
 - 2 months of age to over 65
 - Fee based on sliding income scale



Cameron County Public Health H1N1 Vaccine Availability*

- Federally funded and expected to be available in the U.S. and Texas by mid-October.
- The H1N1 Vaccine and supplies needed to administer will be free to the H1N1 providers but providers may charge an administrative fee based on Medicare rates in there area.
- One dose of the vaccine to individuals over 10 years of age. Two doses to children under 10 years of age.
- Targets 6 months to 24 Years of age, pregnant women and individuals over 24 years of age with chronic medical conditions.
- Fee maybe charged to insurance, Medicaid, and Medicare.



*Information is Subject to Change

Public Health Current Activities

- Continue to work with local pharmacies on antiviral distribution.
- Encourage medical providers to sign up to become H1N1 providers.
- Work with School Districts to monitor absentees.
- Prepare for vaccine distribution by conducting drive thru clinic exercise/training with ISDs and Cities.
- Meet with school officials to plan and provide vaccinations at the schools.
- Provide presentations to stakeholders on H1N1 information.



For more information, please contact:

**Cameron County
Department of Health and Human Services
(956) 247-3685**

www.co.cameron.tx.us/Health/index.html

Resources:

- www.TexasFlu.org
- www.TexasPrepares.org
- www.TEA.state.tx.us
- www.TDA.state.tx.us
- www.flu.gov

