

## *Health Advisory*

April 29, 2009

Dear Local Health Care Providers:

This advisory serves as an update for Mohave County medical providers. As of this morning, CDC is reporting 91 U.S. case of swine flu. CDC is also reporting one lab confirmed case in Arizona. We do not yet have confirmed cases here in Mohave County. Mohave County Department of Public Health anticipates arrival of additional PPE and antivirals from the federal Strategic National Stockpile. These antivirals are to be used for treatment only and are not to be used prophylactically. The supplies that we are to receive are minimal and are not intended to serve the entire population of Mohave County. These resources will be allocated to specific medical providers within each community. We will be in contact with these agencies soon to make arrangements for distribution of these resources. Recommendations for clinicians have changed since yesterday so please read the following:

We ask that providers assist the Public Health Department in conducting surveillance for swine flu by either conducting the rapid flu test to determine A or B types of flu. If rapid testing is not available, collect NP swabs and place in a viral media transport and contact MCDPH for follow up of those that are ill. Please conduct flu testing or collect specimens on only those who have ILI. Please review symptoms of swine flu below. **Please note that information contained in this statement is likely to change frequently as information is provided by state and federal health authorities.**

Based on the latest investigation and clinical guidance from CDC and ADHS, MCDPH asks providers to:

1. **Consider the possibility of swine influenza virus** infections in patients presenting with febrile respiratory illness in the absence of a known cause:
  - Fever (100.3)
  - Cough
  - Sore throat
  - Chills/body aches
  - Fatigue
  - Rhinorrhea or nasal congestion.
  - May have gastrointestinal symptoms such as vomiting and diarrhea
2. **Obtain 2 nasopharyngeal swabs** to test for influenza A. If a rapid test is performed and it is positive for influenza A, place the second swab in viral media and prepare for transport. Commercial laboratories may also be used to conduct preliminary testing for A/B. These labs DO NOT have the capabilities to test for swine flu but can determine if the flu is a type that is common to the U.S. populations.

- **NOTE THIS CHANGE:** Clinician labs should conduct rapid test screening for Influenza A. It is NOT necessary to use BSL-2 safety precautions as previously reported to perform rapid tests, however, standard droplet and contact precautions should be used (surgical mask, gown, gloves, and eye protection). Specimens should be stored in a refrigerator (not a freezer) and contact MCDPH for specimen pick up.
3. **Contact MCDPH** to facilitate transport to the Arizona State Laboratory for timely confirmatory testing OR forward the specimen on to the commercial lab normally used by your facility.

Contact MCDPH to report suspect cases or for more  
information pertaining to this alert:  
24 hr Communicable Disease line  
**(928) 718-4927**

**Symptoms** are similar to those found with seasonal influenza; fever, cough, sore throat, chills/body aches, fatigue, rhinorrhea or nasal congestion. Some have reported gastrointestinal symptoms such as vomiting and diarrhea. While most U.S. cases reported have not required hospitalization, cases in Mexico appear to have experienced more severe illness such as pneumonia and respiratory failure.

**Treatment Considerations:** The swine influenza A (H1N1) virus is sensitive (susceptible) to the neuraminidase inhibitor antiviral medications zanamivir and oseltamivir. It is resistant to the antiviral medications amantadine and rimantadine.

### **Infection Control**

#### *Respiratory Protection for Health Care Personnel:*

CDC has provided interim recommendations for respiratory protection until further information about the virus is available.

- Personnel engaged in aerosol generating activities (e.g., collection of clinical specimens, endotracheal intubation, nebulizer treatment, bronchoscopy, and resuscitation involving emergency intubation or cardiac pulmonary resuscitation) for suspected or confirmed swine influenza A (H1N1) cases should wear a fit-tested disposable N95 respirator.\*
- Pending clarification of transmission patterns for this virus, personnel providing direct patient care for suspected or confirmed swine influenza A (H1N1) cases should wear a fit-tested disposable N95 respirator when entering the patient room.

\*Respirator use should be in the context of a complete respiratory protection program in accordance with Occupational Safety and Health Administration (OSHA) regulations. Information is available at [www.osha.gov/SLTC/etools/respiratory](http://www.osha.gov/SLTC/etools/respiratory). Staff should be medically

cleared, fit-tested, and trained for respirator use, including: proper fit-testing and use of respirators, safe removal and disposal, and medical contraindications to respirator use.

*Standard, Droplet and Contact precautions should be used* for all patient care activities, and maintained for 7 days after illness onset or until symptoms have resolved. Maintain adherence to *hand hygiene by washing with soap and water or using hand sanitizer* immediately after removing gloves and other equipment and after any contact with respiratory secretions.

Personnel providing care to or collecting clinical specimens from suspected or confirmed cases should *wear disposable non-sterile gloves, gowns, and eye protection* (e.g., goggles) to prevent conjunctival exposure.

*Patients:*

The *ill person should wear a surgical mask when outside of the patient room*, and should be encouraged to wash hands frequently and follow respiratory hygiene practices. Patients who present with ILI should be offered procedure mask while in waiting areas.

Patients with suspected or confirmed case-status should be placed in a *single-patient room* with the door kept closed. If available, an airborne infection isolation room (AIIR) with negative pressure air handling with 6 to 12 air changes per hour can be used. Air can be exhausted directly outside or be recirculated after filtration by a high efficiency particulate air (HEPA) filter. For suctioning, bronchoscopy, or intubation, use a procedure room with negative pressure air handling.

Again, information is fluid and rapidly changing as more is known about this novel virus. MCDPH will forward information from state and federal health authorities to local providers as it is received. We will also provide a link for providers on [www.healthlinks.com](http://www.healthlinks.com).

This and other information can be found at the Centers for Disease Control and Prevention website at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu). Should you need additional information or to report a suspect swine flu case, please contact us at (928) 718-4927.

Best regards,

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