



5/1/09

Influenza A (H1N1) (1.1)

Influenza A (H1N1) (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people. Like seasonal flu, swine flu can vary in severity from mild to severe.

As of 06:00 GMT on May 1, 2009, 11 countries have officially reported 331 cases of influenza A (H1N1) infection. The situation continues to evolve rapidly. For the most current information, please visit the [World Health Organization](#) or [Centers for Disease Control and Prevention](#).

United States Human Cases of Swine Flu Infection		
States	# of Laboratory Confirmed Cases	Deaths
Arizona	1	
California	14	
Indiana	1	
Kansas	2	
Massachusetts	2	
Michigan	1	
Nevada	1	
New York	50	
Ohio	1	
South Carolina	10	
Texas	26	1
Total Counts	109	1

International Human Cases of Swine Flu Infection		
Country	# of Laboratory Confirmed Cases	Deaths
Austria	1	
Canada	34	
Germany	3	
Israel	2	
Mexico	156	9
Netherlands	1	
New Zealand	3	
Spain	13	
Switzerland	1	
United Kingdom	8	
Total Counts	222	9

Recommendations

- CDC encourages travelers to avoid all nonessential travel to Mexico.
- In order to help prevent the influenza A (H1N1) virus from spreading, cover your mouth and nose when sneezing and coughing. Wash your hands with warm water and soap, or alcohol-based hand sanitizer as often as possible.
- Typical symptoms of influenza include fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea.
- If you are experiencing symptoms of influenza A (H1N1) or have been in contact with someone who has influenza A (H1N1), contact your healthcare provider for more information on being tested.

If you have any questions or concerns related to influenza A (H1N1), contact [On Call International](#) toll-free at 800-407-7307 or 603-898-9159. You can also email On Call at mail@oncallinternational.com. Assistance Coordinators are available to assist you now.



5/1/09

Influenza A (H1N1) (1.2) --- Preparedness & Prevention

Spread of swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads.

- Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.
- You cannot get swine influenza A (H1N1) from eating or preparing pork. The virus is not spread by food, and eating properly handled and cooked pork products is safe.

Tips from the CDC about protecting yourself from illness:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and warm water for 15 to 20 seconds. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus.

For the most current information, please visit the [World Health Organization](#) or [Centers for Disease Control and Prevention](#).

If you have any questions or concerns related to influenza A (H1N1), contact [On Call International](#) toll-free at 800-407-7307 or 603-898-9159. You can also email On Call at mail@oncallinternational.com. Assistance Coordinators are available to assist you now.



5/1/09

Influenza A (H1N1) (1.3) --- Diagnosis

If you live in areas where influenza A (H1N1) cases have been identified and become ill with influenza-like symptoms, you should contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

Those infected with influenza A (H1N1) may experience symptoms similar to seasonal influenza. However, infected people may have the ability to infect others beginning one day before their symptoms develop and seven or more days after becoming ill. If you are feeling ill, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others. If you become ill and experience any of the following warning signs, seek emergency medical care.

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

For the most current information, please visit the [World Health Organization](#) or [Centers for Disease Control and Prevention](#).

If you have any questions or concerns related to influenza A (H1N1), contact [On Call International](#) toll-free at 800-407-7307 or 603-898-9159. You can also email On Call at mail@oncallinternational.com. Assistance Coordinators are available to assist you now.



5/1/09

Influenza A (H1N1) (1.4) --- Treatment

If you become ill, antiviral drugs can make your illness milder and make you feel better faster. Influenza antiviral drugs work best when started soon after illness onset (within two days), but treatment with antiviral drugs should still be considered after 48 hours of symptom onset, particularly for hospitalized patients or people at high risk for influenza-related complications.

Influenza antiviral drugs also can be used to prevent influenza when they are given to a person who is not ill, but who has been or may be near a person with influenza A (H1N1). Speak to your physician for more information and recommendations regarding taking antiviral drugs preventively.

CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with influenza A (H1N1) viruses.

Oseltamivir (brand name Tamiflu ®) is approved to both treat and prevent influenza A and B virus infection in people one year of age and older.

Zanamivir (brand name Relenza ®) is approved to treat influenza A and B virus infection in people 7 years and older and to prevent influenza A and B virus infection in people 5 years and older.

Recommendations for using antiviral drugs for treatment or prevention of swine influenza will change as we learn more about this new virus.

For the most current information, please visit the [World Health Organization](#) or [Centers for Disease Control and Prevention](#).

If you have any questions or concerns related to influenza A (H1N1), contact [On Call International](#) toll-free at 800-407-7307 or 603-898-9159. You can also email On Call at mail@oncallinternational.com. Assistance Coordinators are available to assist you now.