

Pandemic (H1N1)

County Of San Diego

Health and Human Services Agency

Division of Public Health Services

Institutions of Higher Learning

September 14, 2009



Plan. Prepare. Protect.

Today's Agenda

- **What is H1N1**
- **Recap of H1N1 experience**
- **General H1N1 Information**
- **What is the public health doing to prepare for the fall**
- **How the County will keep you informed**
- **How you can help**
- **Available tools and resources**
- **Q &A**

Pandemic (H1N1)

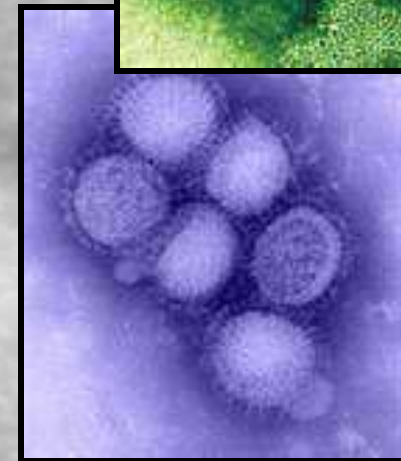
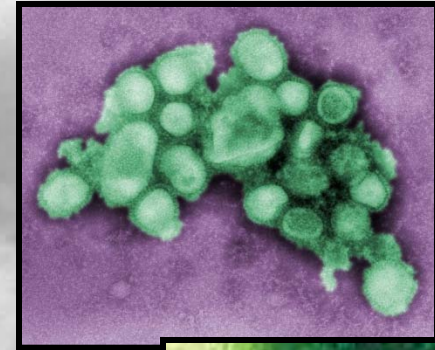
What is H1N1?



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H1N1

- H1N1 is an influenza virus
- Composed of four different types of influenza viral strains
 - 2 from swine
 - 1 from avian
 - 1 from human
- Novel virus
- Easily spread from person to person
- Good news: missing gene for virulence



H1N1 Spring Outbreak

- Occurred very late in flu season
- Affected young people disproportionately
- Caused widespread illness; some severe or fatal
- World Health Organization declared a pandemic (6/11/2009) as the H1N1 outbreak spread worldwide

Pandemic (H1N1)

Recap of Experience



Plan. Prepare. Protect.

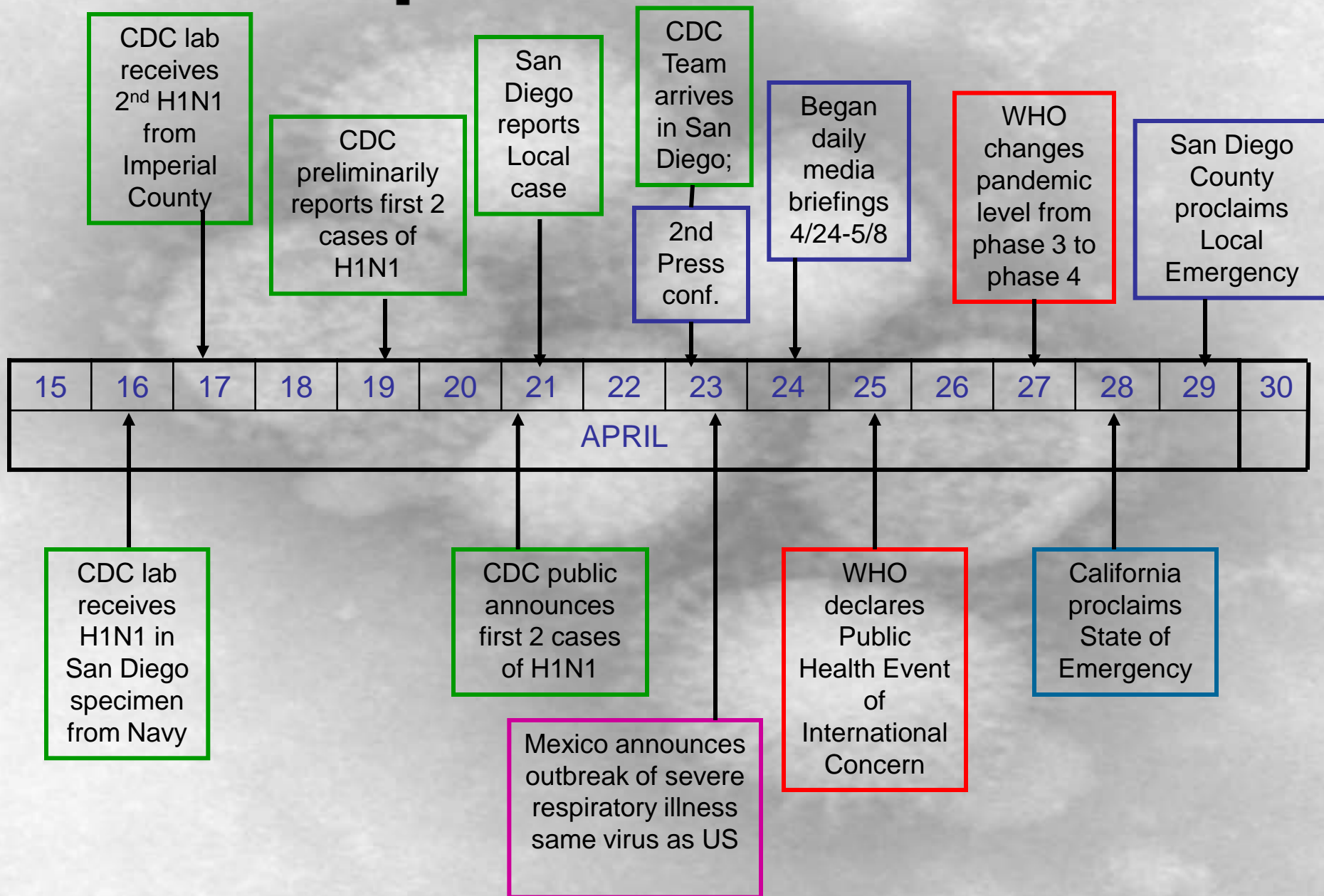
Actions Taken

- Implemented Incident Command Management System
- Activated Pandemic Influenza Response Plan
- Activated EMS DOC (MOC) and HHSA DOC
- Collaborated with State and Federal officials
- Leveraged local partnerships
- Increased communications
- Deployed Strategic National Stockpile
- Proclaimed Local Emergency

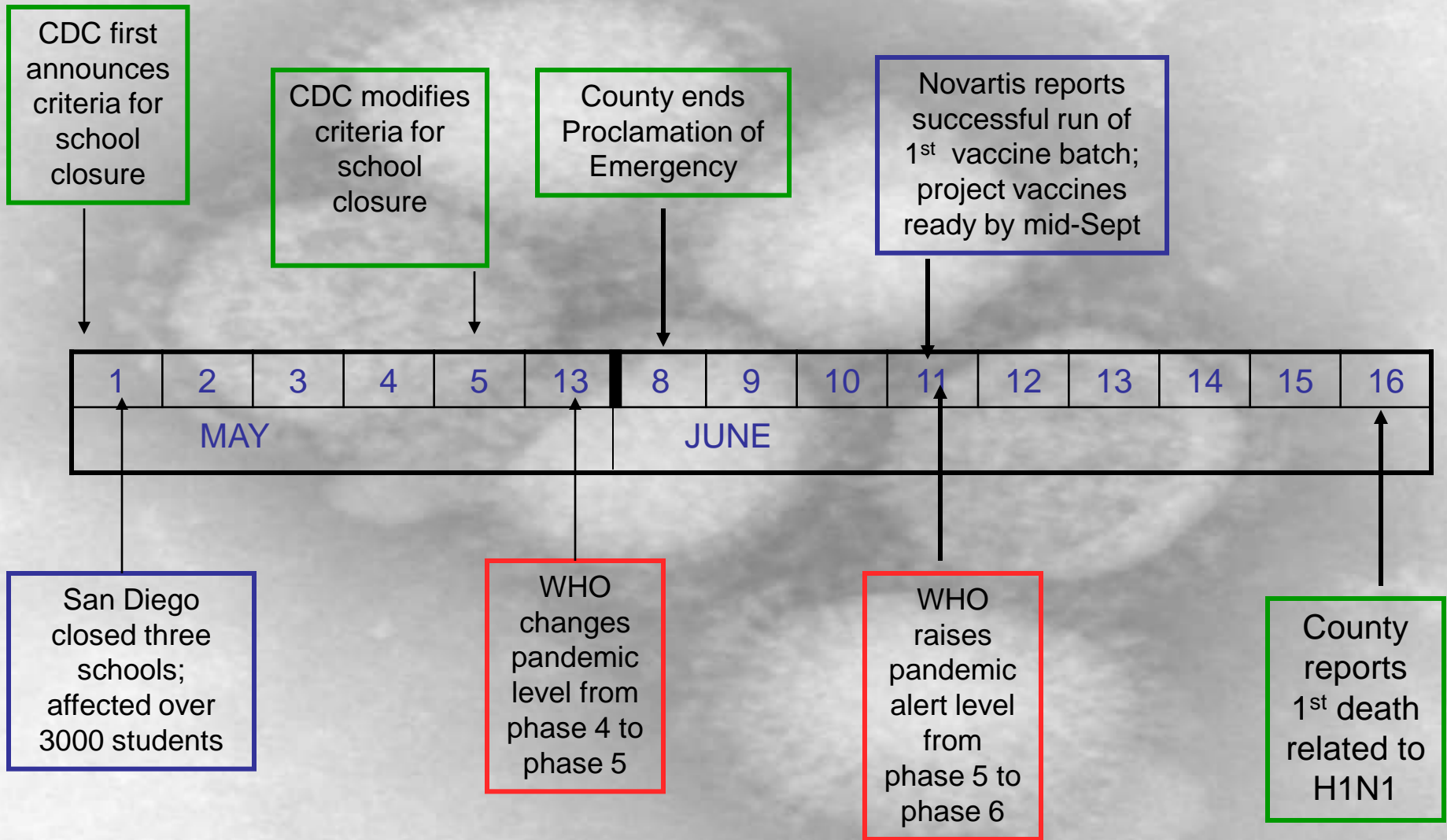


Plan. Prepare. Protect.

Recap of H1N1 Events



Recap of H1N1 Events



Worldwide Impact

Pandemic (H1N1) 2009

	World Aug 30	US Aug 30	CA Sept 1	SD Sept 9
Hospital cases	254,206# (total cases)	9,079	1519	260
Fatal cases	2837	593	144	21*

- PHS is currently issuing weekly press updates on Wednesday

**San Diego County residents only*

#Total cumulative cases

San Diego County Update

Pandemic (H1N1) 2009

- Demographics as of **September 9, 2009**
 - Range of ages: 4 months – 89 years
 - Average age, cases: 25.2 years
 - Average age, hosp. cases: 34.0 years
 - Average age, deaths: 46.3 years
 - Average time between onset of illness and death: 13.0 days

Status Update

- H1N1 is continuing to spread in US
 - Outbreaks in more than summer camps, some colleges, communities across the country
- Southern Hemisphere patterns
 - Substantial disease in Argentina, Chile, and Australia
 - Cases in Africa and Asia
 - Co-circulation with seasonal influenza strains in some areas
 - Strain on health care system in some localities
- Expect this pattern to continue in North America

Pandemic (H1N1)

General H1N1 Info



Plan. Prepare. Protect.

How Is Flu Spread?

- Person to person contact of respiratory droplets from coughs and sneezes (**airborne**).
- **Droplets** from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby.
- Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands. (**Contact transmission**)



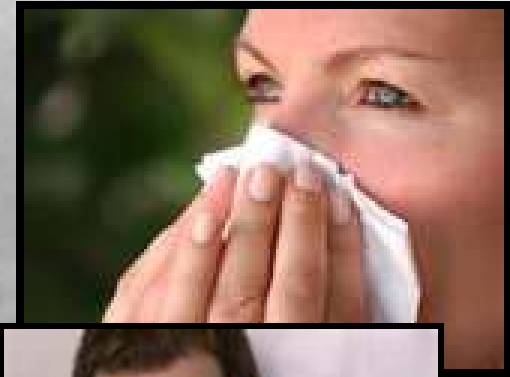
How Do I Prevent the Flu?

- Obtain vaccination when it is available
- Stay away from those who are sick
- Clean hands with soap and water
- Don't touch eyes, nose or mouth
- Clean workspace



What Can I Do If I Am Sick?

- Keep away from others
- Stay home when sick
- Cover coughs and sneezes.
- Clean hands with soap and water
- Get plenty of rest
- Drink clear fluids to keep from being dehydrated



When To Check with Provider?

- If pregnant
- If have certain health conditions:
 - Neurological conditions
 - Diabetes, Heart disease
 - Asthma, COPD, Emphysema
 - Compromised immune system
 - Obesity (BMI>35)
- About whether to take antiviral medications



Seeking Emergency Care?

- Get medical care right away if the sick person at home:
 - has difficulty breathing or chest pain
 - has purple or blue discoloration of the lips
 - is vomiting and unable to keep liquids down
 - has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
 - has seizures (for example, uncontrolled convulsions)
 - is less responsive than normal or becomes confused



Pandemic (H1N1)

What is the County Doing to Prepare for the Fall?



Plan. Prepare. Protect.

Conducting Planning Forums

- **H1N1 Planning Sector Forums**

- Identified over 20 different sectors

- Border Entities
- Businesses
- **Colleges and Universities**
- Community orgs
- Faith-based orgs
- City/County Government
- Healthcare (i.e., hospitals, clinics, providers)
- Law Enforcement (i.e., probations, sheriffs, DA, court)
- Legislators
- Military
- Schools (i.e., K-12, daycare, camps)
- Transportation
- Tribal entities

H1N1 Sector Forums

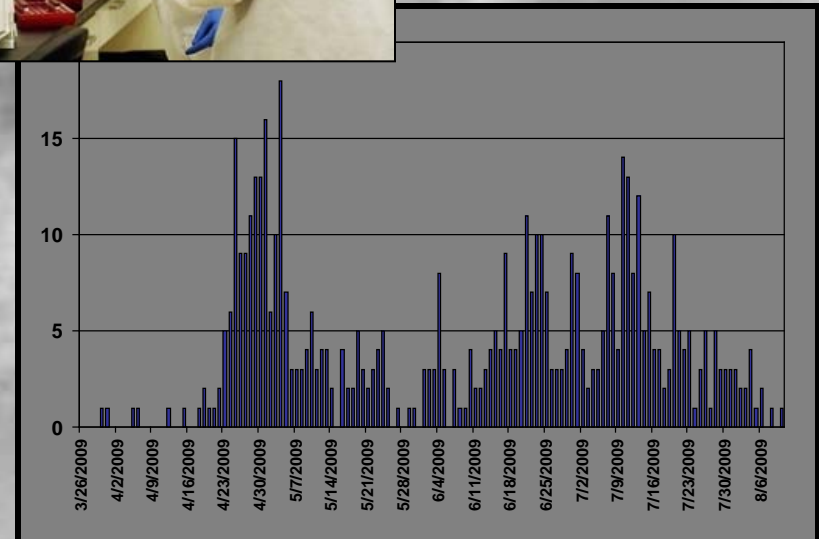
- Identified gaps or areas for needed capacity
- Reviewing issues pertinent to sector groups
- Reviewing strategies for implementation in the fall
- Planning around 4 CDC Pillars or focus areas

4 Pillars of H1N1 Response

- **Surveillance**
- **Community Mitigation**
- **Vaccination**
- **Communication**

Surveillance

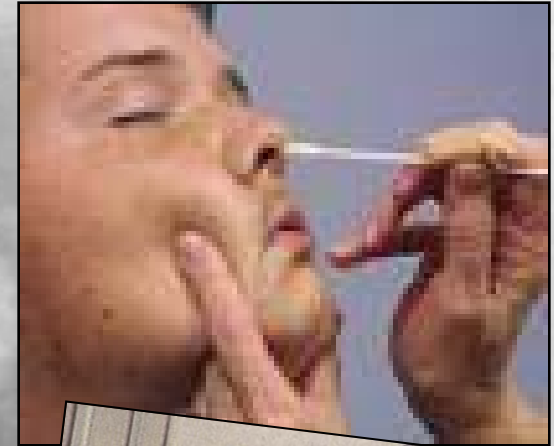
- Over 44 sentinel sites
- Reporting to State
- Investigation of clusters, as indicated
- Testing
- Concerns
 - Laboratory Capacity



Surveillance Message

TESTING PRIORITIZED

- Primary Messages
 - ***Everyone does not need to be tested!***
 - ***Testing is prioritized for selected situations.***



Community Mitigation

- **Non-pharmaceutical measures**
 - Preventive Measure
 - Social Distancing
- **Pharmaceutical measures**
 - Anti-virals



Community Mitigation - Message

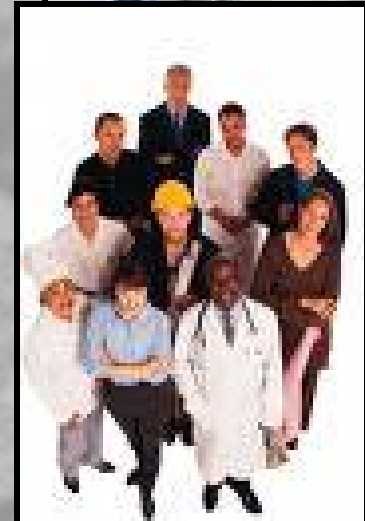
- Non-pharmaceutical measures
- Primary Message
 - *Staff should stay home if sick.*



Community Mitigation

- **Preventive Actions – Stay Home**

- Stay home if have Influenza-like illness (*fever $\geq 100^{\circ}\text{F}$ and cough and/or sore throat*)
- CDPH case definition of pandemic flu for infection control purposes: *Any patient less than 60 years of age with a fever ($>37.8^{\circ}\text{C}$ or 100°F) and new onset of cough*
- **General public:** *Remain home for 24 hours after fever has gone away (without the use of fever-reducing medications)*
- **Healthcare workers:** *Should remain home for 7 days or until symptoms are gone plus one, which is longer*



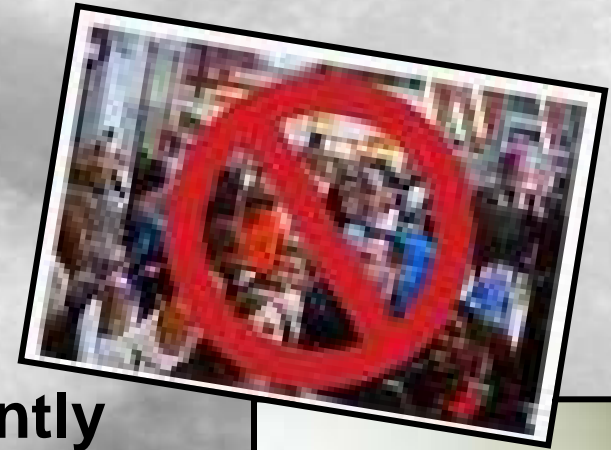
Community Mitigation

- **Preventive Actions – Good Hand and Respiratory Hygiene**
 - Wash hands often and properly
 - Use hand sanitizer when water not available
 - Cover your cough or sneeze
 - If become sick at work, isolate and send home.
 - Clean commonly touched objects



Community Mitigation

- Other Non-Pharmaceutical Measures Pending More Severe Flu Situation
 - Social Distancing
 - **No School/IHE Closure Currently**
 - Goal is **not** to conduct school closure with the present state of the virus (mild).
 - If becomes **more severe** would utilize social distancing strategies.
 - Should plan for strategies to conduct school business/work while teachers and students are at home.
 - Closure will be based on new guidelines.
 - Closure will be based on level of disease in the community.



Vaccination

H1N1 Vaccine Update

- **5 vaccine manufacturers have seed vaccine with clinical trials which began in August**
- **Same delivery system as for seasonal influenza vaccine (directly to providers)**
- **Vaccine will be free, but administration charges and reimbursement may be allowed (awaiting CDC guidance)**
- **Tracking of doses administered high priority for safety monitoring**

Vaccination

Vaccine Planning Assumptions

- **Severity of illness unchanged**
- **No major antigenic changes are evident that would indicate lack of vaccine efficacy**
- **Safe and effective vaccine**
- **Adequate supply of vaccine is available**



Vaccination Message

- Primary Message
 - *Will need two different types of shots*
- Types of Vaccinations
 - **Regular seasonal flu vaccine**
 - 6 months thru 8 years, if not had prior flu shot ever, will need to get two shots 4 weeks apart
 - All others get one flu shot
 - **Pandemic H1N1 flu vaccine**
 - All ages
 - May need two shots, 3-4 weeks apart

Who Should Be Vaccinated

1st Tier Target Groups

- **Pregnant women**
- **Household contacts and caregivers for children younger than 6 months of age**
- **Health care and emergency medical services personnel**
- **Persons 6 months to 24 years of age**
- **Persons aged 25 through 64 years who have medical conditions associated with a higher risk of influenza complications**

2nd Tier Target Groups

- **Persons aged 25 through 64 years who DO NOT have medical conditions associated with a higher risk of influenza complications**

3rd Tier Target Groups

- **Persons aged 65 years and older.**

Communication

- **Communication Strategies**
 - Press releases, as indicated
 - Press conference, as indicated
 - Communication Documents
 - Letters
 - Video Messages
 - Toolkits
 - Social Networking strategies
 - County Television Network
 - County website

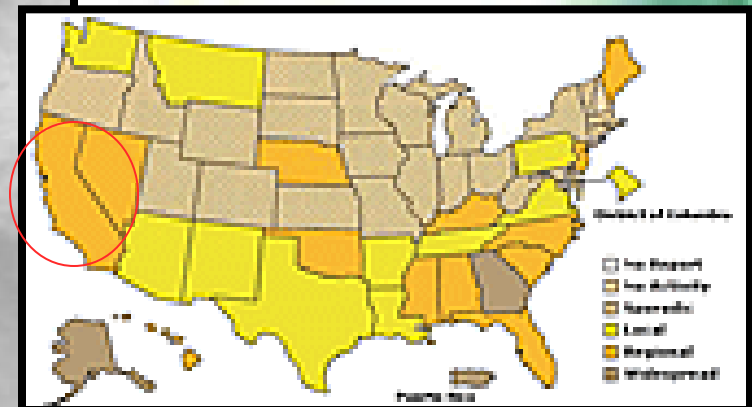


Communication Message

- **Primary Message**

- *Pandemic Influenza A H1N1 virus is worldwide and has been widespread throughout the San Diego community*

- <http://www.cdc.gov/flu/weekly/>



Communication with IHEs

- Lead Contact
- Educational Materials
- Website
- Updates of critical issues
- Trainings or Lectures
- Resources



Pandemic (H1N1)

How You Can Help



Plan. Prepare. Protect.

Your Role in Response to H1N1

- Send sick employees home.
- Display Posters.
- Vaccinate your staff.
- Promote to staff vaccination of high-risk family members.
- Prepare internally: update business continuation plans, communicate with HR, develop policies, procedures related to sick leave, etc.
- Communicate issues of concerns back to your Public Health contact.



Actions You Can Take

- Link to the County website
- Utilize county info
- Refer to 211
- Place info in your communications
 - Newsletters
 - Social networking strategies



Pandemic (H1N1)

Tools and Resources



Plan. Prepare. Protect.

Tools and Resources

- Website: www.sdcounty.ca.gov
- County Expanded Tool Kit
 - CDC Toolkit
 - FAQ
 - Posters
 - Fact Sheet
 - Top 10 Things You Should Know About H1N1
 - Federal and State resources

Questions???



Flu Preparedness Is a Shared Responsibility

Plan. Prepare. Protect.