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H1N1 Influenza Update

October 9, 2009

FL DOH Toll-free number to provide public health information and updates on H1N1 flu available from 8 AM to 8 PM Eastern, in English, Spanish and Creole.

Telephone Number: 877-352-3581

- Osceola County update:** The Osceola County Health Department continues monitoring influenza activity through multiple surveillance systems such as emergency department syndromic surveillance, laboratory data from Bureau of Laboratories and private providers, reportable clusters via the assistance of the Osceola School District which provides a weekly attendance and an absenteeism report with the number of students experiencing ILI in local public schools. The absentee percentage for Week 6 (09/28/09 – 10/02/09) was 5.59%, an increase from 4.73% in week 5, and 3.53% in week 4. Many faculty members are also ill.
- Worldwide update:** As of October 2, 2009, the World Health Organization (WHO) reports regional findings of over 343,298 laboratory-confirmed cases of 2009 H1N1, 4,108 deaths, **which is an increase of at least 24,373 cases and 191 deaths since September 20.** The laboratory-confirmed cases represent a substantial underestimation of total cases in the world, as many countries focus surveillance and laboratory testing only on people with severe illness. The 2009 H1N1 influenza virus continues to be the dominant influenza virus in circulation in the world.
- Differences between the 2009 H1N1 "flu shot" and the nasal spray flu vaccine (FluMist):**
 - ⇒ The 2009 H1N1 "flu shot" is an inactivated vaccine containing killed virus and is given with a needle and syringe, usually in the arm. It is inactivated, you cannot get the flu from the shot. It is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women. Some minor side effects that could occur are: soreness, redness, or swelling at the injection site, low grade fever, and aches. If these problems occur, they begin soon after the shot, are usually mild, and usually last 1 to 2 days. It will not protect against seasonal influenza.
 - ⇒ The 2009 H1N1 nasal spray flu vaccine, live attenuated influenza vaccine (LAIV), is a vaccine made with live weakened viruses that do not cause the flu. Two weeks after vaccination antibodies that provide protection against 2009 H1N1 influenza virus infection will develop in the body, but will not protect against seasonal influenza viruses. In children side effects from LAIV can include: runny nose, wheezing, headache, vomiting, muscle ache, and fever; in adults: runny nose, headache, sore throat, and cough. Administration of LAIV is contraindicated for the following groups: persons with a history of hypersensitivity, including anaphylaxis, to any of the components of LAIV or to eggs, persons aged < 2 yrs or those aged 50 yrs and older, adults and children with chronic pulmonary problems including asthma, cardiovascular (except hypertension), renal, hepatic, neurological/neuromuscular, hematological, or metabolic disorders including diabetes mellitus, adults and children who have immunosuppression including any caused by medications or by HIV, children aged 2-4 yrs whose parents or caregivers report that a health-care provider has told them during the preceding 12 months that their child had wheezing or asthma, or whose medical record indicates a wheezing episode has occurred during the preceding 12 months, children or adolescents aged 6 mo to 18 yrs receiving aspirin or other salicylates because of the association of Reye syndrome with wild-type influenza virus infection, or pregnant women. LAIV should not be administered to close contacts of immunosuppressed persons who require a protected environment.
- The Centers for Disease Control and Prevention (CDC) has announced the week of December 6-12, 2009, as National Influenza Vaccination Week. This event is designed to highlight the importance of continuing influenza (flu) vaccination, as well as foster greater use of flu vaccine through the winter months and beyond. However, Osceola Co Health Dept expect to give H1N1 vaccine prior to that date and will soon announce "H1N1 Vaccination Clinic" times and dates.
- The Refugee Health Information Network has posted H1N1 Flu information in several languages at http://rhin.org/search/search_results.asp?quick_search=H1N1&language=&x=40&y=10**
- Vaccine Information Sheets (VIS) have been published by CDC for the 2009 H1N1 Influenza Vaccine for both the Intranasal and Inactivated vaccines** These explain to vaccine recipients, their parents, or their legal representatives both the benefits and risks of the H1N1 vaccine and have been posted in English, Spanish and other languages at <http://www.cdc.gov/vaccines/Pubs/vis/default.htm>
- Did you know?** Influenza virus can survive on surfaces and can infect a person for 2 to 8 hours after being deposited on the surface. Influenza virus is destroyed by heat at 167-212°F [75-100°C]. In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents, iodophors or iodine-based antiseptics, and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. Always check the disinfectant container to assure it can be used against influenza viruses.

