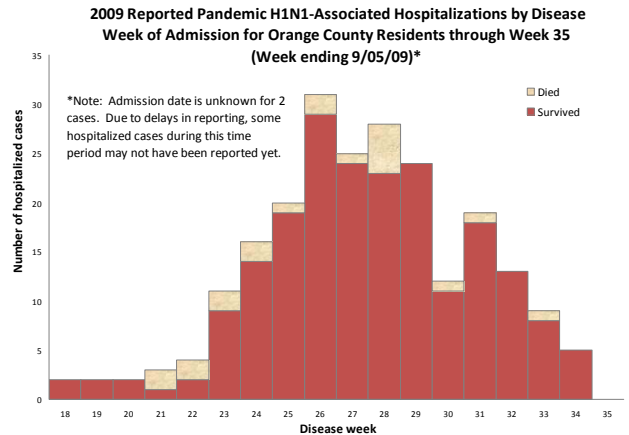




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Influenza Update

- **Seasonal influenza vaccine available in the community.** Vaccination efforts should start now! Seasonal influenza vaccine will not prevent pandemic H1N1 infection but will help protect against circulating seasonal strains expected this fall. For retail locations, see www.findaflushot.com. Information about HCA Public Health seasonal flu shot clinics will be posted at www.ochealthinfo.com when available.
- **Orange County (OC) Pandemic H1N1 update:** As of September 8, 2009, 228 hospitalized cases of pandemic H1N1 influenza and 20 fatalities have been reported in OC residents. Median age of deaths is 42.5 years (range, <1-77 years). All (100%) influenza tested at OC Public Health since early July has been pandemic H1N1.
- **Influenza activity increasing in certain areas of U.S., including the Southeast.** See www.cdc.gov/flu.
- **CDC updates antiviral guidance for the 2009-2010 season.** Antivirals should be prioritized for the severely ill (hospitalized) and for those with symptoms of influenza who are at high risk of influenza related complications. Focus of the updated document is to reinforce need for prompt initiation of therapy in those for whom it is indicated as treatment is most beneficial if started within 48 hours of onset. Treatment should not be delayed for laboratory confirmation of influenza. Strategies for timely treatment for high risk patients include patient education of influenza symptoms and rapid telephone access if these symptoms occur. To prevent further spread of antiviral resistance, prophylaxis should be reserved for high risk persons who have had close recent contact with a likely influenza case. As an alternative to prophylaxis, watchful waiting and early treatment once symptoms develop can reduce antiviral use and the opportunities for development of resistance. Based on the susceptibility of circulating viruses (pandemic H1N1), oseltamivir (Tamiflu®) or zanamivir (Relenza®) are currently recommended. See <http://www.cdc.gov/h1n1flu/recommendations.htm>.
- **Epi-linked oseltamivir-resistant 2009 H1N1 reported in two previously healthy summer campers receiving prophylaxis.** Campers and staff were given oseltamivir as part of a mass chemoprophylaxis program during a camp outbreak in North Carolina. Sporadic cases of resistance had previously been reported worldwide, including 9 cases in the US (as of September 4, 2009), but no transmission of resistant pandemic H1N1 viruses had been documented before. See www.cdc.gov/mmwr 9/11/09 issue. Prudent use of antivirals can reduce the opportunities for development of resistance as outlined in the 9/8/09 CDC recommendations listed above.
- **Cal/OSHA issues interim enforcement policy on H1N1 in light of respirator shortages.** See http://www.dir.ca.gov/dosh/SwineFlu/Interim_enforcement_H1N1.pdf.



Pandemic influenza H1N1 vaccine update

- **Preliminary data suggests a single 15 µg dose of unadjuvanted pandemic H1N1 monovalent vaccine can induce a strong immune response in most healthy adults and is well-tolerated.** Reports of the interim analysis of two randomized-controlled trials (Australia and UK) are available at www.nejm.org. Statement from the National Institutes of Health: <http://www.hhs.gov/news/press/2009pres/09/20090911a.html>. Final recommendations on dosing of pandemic H1N1 vaccine are pending further information from additional studies, including those in children and pregnant women.
- **To pre-register and order pandemic H1N1 vaccine:** www.calpanflu.org.
- **For OC pandemic H1N1 vaccine questions:** 714-834-8560 or www.ochealthinfo.com/h1n1.

If you have any comments about this flyer, contact Michele Cheung, MD MPH, at (714) 834-8180. To receive this newsletter by email, please contact us at epi@ochca.com.