

# MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM

---



*Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention (Maine CDC)  
(Formerly Bureau of Health)  
11 State House Station  
Augusta, Maine 04333-0011  
Phone 1-800-821-5821 / Fax 207-287-7443*

**\*\*ADVISORY – Important Information\*\***

---

**2010PHADV025**

**TO:** All HAN Recipients

**FROM:** Dora Anne Mills, M.D., M.P.H., Public Health Director  
Stephen Sears, M.D., M.P.H., State Epidemiologist

**SUBJECT:** Influenza Arrives in Maine

**DATE:** Tuesday, November 9, 2010

**TIME:** 1:30pm

**PAGES:** 2

**PRIORITY:** Medium

**Confidentiality Notice:** This fax message is intended for the exclusive use of the individual or entity identified above. It may contain information, which is privileged and/or confidential under both state and federal law. If you are not notified otherwise, any further dissemination, copying, or disclosure of the communication is strictly prohibited. If you have received this transmittal in error, please immediately notify us at 287-3252 and return the original transmission to us by mail at Key Bank Plaza, 6<sup>th</sup> Floor-286 Water Street, Augusta, ME 04333, without making a copy. Your cooperation in protecting confidential information is greatly appreciated.

Maine Center for Disease Control and Prevention (Maine CDC)  
(Formerly Bureau of Health)

## Influenza Arrives in Maine

Influenza has officially arrived in Maine. The first laboratory case of influenza was confirmed by Maine CDC this week. An adult from Sagadahoc County tested positive for influenza B at a national reference laboratory. The patient was not immunized and had recently traveled to the southern United States.

Influenza A (2009 H1N1 pandemic strain), influenza A (H3N2), and influenza B are all circulating nationally.

Now that influenza is reported in Maine, it is important to try to limit its spread. The best way to prevent influenza is by getting vaccinated. The U.S. CDC recommends all individuals older than 6 months be immunized, even if they got a seasonal or 2009 H1N1 vaccine last season. All high risk individuals should be vaccinated as soon as possible.

Besides getting vaccinated, it is important to also remember the other basics guidelines of preventing illness, including: washing hands; covering coughs with sleeves or tissue; and staying home when sick.

Clinicians should consider influenza in the differential diagnosis of febrile respiratory illnesses in patients of any age, encourage their high risk patients to be immunized against influenza if they have not already done so, and review updated recommendations for the use of antiviral medications for influenza prophylaxis and treatment.

- Influenza outbreaks are reportable to Maine CDC. Please report all suspected outbreaks in long term care facilities, acute care facilities, and schools to 1-800-821-5821.
- 2009 H1N1 is still reportable in the state of Maine. Please report any PCR confirmed cases of H1N1 to Maine CDC by phone (1-800-821-5821), or by fax (1-800-293-7534).
- When influenza is first detected in a community by use of rapid diagnostic testing, consider sending specimens to the Maine Health and Environmental Testing Laboratory (HETL) for confirmation. Testing through HETL is free of charge. Instructions on submitting specimens for flu testing can be found at: [http://www.maine.gov/dhhs/etl/micro/submitting\\_samples.htm](http://www.maine.gov/dhhs/etl/micro/submitting_samples.htm)

Oseltamivir (Tamiflu) and zanamivir (Relenza) are the two drugs currently recommended for treatment and prophylaxis. Providers will be notified through the health alert network if national recommendations for treatment and prophylaxis are revised.

For up-to-date information/recommendations on influenza for health professionals, go to [www.maineflu.gov](http://www.maineflu.gov) or <http://www.cdc.gov/flu/professionals>.