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)
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**ADVISORY – Important Information**

2009PHADV036

TO: Health care providers and laboratory directors
FROM: Dora Anne Mills, M.D., M.P.H., Public Health Director
SUBJECT: Testing and Management of Novel Influenza A (H1N1)
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Testing and Management for Novel Influenza A H1N1
July 28, 2009

This advisory provides an updated algorithm for health care providers in Maine for testing and management of novel influenza A (H1N1). Testing and treatment for influenza-like illness is indicated for persons who are hospitalized or at high-risk for severe disease.

Please note that two forms are now required for influenza testing at the Health and Environmental Testing Laboratory:

Influenza Virus Specimen Submission Form available at: http://www.maine.gov/dhhs/etl/micro/download_forms.htm


Health care providers with questions on H1N1 can contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week.
CLINICAL CRITERIA
Influenza-like illness (ILI) is defined as
- Fever $\geq 37.8^\circ$C (100°F); AND
- Cough or sore throat
in the absence of a KNOWN cause other than influenza

RISK FACTORS
- Patient requires hospitalization; OR
- Patient is at high-risk for severe disease
  - Child $<$5 years of age;
  - Person $>$65 years of age;
  - Persons with the following conditions: chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurological, neuromuscular, or metabolic disorders (including diabetes);
  - Immunosuppression, including that caused by medications or by HIV;
  - Pregnant women;
  - Persons $<$19 years of age who are receiving long-term aspirin therapy;
  - Residents of nursing homes and other chronic-care facilities

TESTING
- If a patient meets the clinical criteria and has $\geq 1$ risk factor, submit a specimen for influenza testing to the Health and Environmental Testing Laboratory
  (http://www.maine.gov/dhhs/etl/micro/submitting_samples.htm)
- For outbreaks in institutional settings, once infection has been confirmed in three individuals further testing is not usually indicated

MANAGEMENT
- If a patient meets the clinical criteria and has $\geq 1$ risk factor, implement appropriate management steps outlined below. Do not wait for test results.
- Use appropriate infection control precautions (www.cdc.gov/h1n1flu/guidance/)
- Treat patients meeting the clinical and risk factor criteria with antivirals (http://www.cdc.gov/h1n1flu/recommendations.htm)
- Prophylax close contacts who are at high risk of severe disease OR health care workers who did not use appropriate personal protective equipment with antivirals (http://www.cdc.gov/h1n1flu/recommendations.htm)
- Contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week for more information.