

Maine CDC/DHHS Update on Novel Influenza A (H1N1) Virus November 5, 2009

Increased Flu Activity in Maine and the US

The 2009 H1N1 flu continues to be widespread in Maine, more widespread than we have seen in years, as it is in nearly all other states. This was anticipated, and Maine CDC has been working for months to make sure we have resources in place to prevent and treat the flu.

In the past week, there have been increases in visits to health care providers for influenza-like illness (ILI) and increases in school absences. There have been 24 new outbreaks of ILI in K-12 schools and one in a university. Although the majority of outbreaks occurred in Kennebec and Penobscot counties, there were also outbreaks in Androscoggin, Aroostook, Franklin, Lincoln, Oxford, Somerset, Washington, and York counties.

There were 10 people hospitalized due to H1N1, nearly all of whom have been discharged. Four of the hospitalized patients were otherwise healthy children; one was a young adult; and five were middle-aged adults.

The first cases of H1N1 in Franklin County were reported this week. There have now been confirmed cases of H1N1 in every county in Maine. Although the vast majority of people are not getting tested and do not need to, almost 300 people were tested and confirmed as having H1N1. Most of these were children.

People should assume that they will be exposed to the flu at some point, and with only enough vaccine for 1 in 10 people in Maine right now, we should all take precautions to prevent serious illness:

- Stay home if you are sick, until you are fever-free for a full 24 hours without taking fever-reducing medicine.
- Cough and sneeze into your elbow, or into a tissue. Throw this tissue away.
- Wash your hands frequently with soap and water, but especially after coughing and sneezing. Alcohol-based hand gels can also be used.
- Avoid touching your nose, mouth, and eyes. Germs can be spread by touching contaminated surfaces and then touching your eyes, nose, and mouth.
- Avoid contact with sick people. If you are at very high risk for complication, you may want to avoid large crowds.
- If and when vaccine is available, consider getting both seasonal and H1N1 flu vaccines.
- **Contact your health care provider if there are flu-like symptoms in a household where anyone is younger than 2 years old, 65 years or older, pregnant, and/or has an underlying medical condition. There are prescription medicines (antivirals such as Tamiflu®) that may help.**
- **Although most people can stay home without seeing a health care provider, anyone with the flu should seek medical attention for:**
 - Dehydration
 - Trouble breathing
 - Getting better, then suddenly getting a lot worse
 - Any major change in one's condition

Guidance for Schools and Day Cares

In light of recent school outbreaks, **we expect that most schools in the state will eventually have some cases of the flu. Schools and day cares do not need to notify parents of each individual case of the flu.** However, parental notification may be helpful in some situations.

If you have cases of flu in your school and are unsure whether you should notify parents, you may contact Maine CDC for guidance. There are specific reporting guidelines and forms related to increased absenteeism, available at:

<http://www.maine.gov/dhhs/boh/maineflu/h1n1/educators.shtml#forms>

If you are a school or day care administrator and have questions about reporting increased absenteeism, precautions to take, or the ways in which to notify parents, please contact our Clinical Consultation line at 1-800-821-5821 or e-mail disease.reporting@maine.gov.

US CDC has issued guidance for schools (<http://www.cdc.gov/h1n1flu/schools/schoolguidance.htm>) and child care programs (<http://www.cdc.gov/h1n1flu/childcare/guidance.htm>) designed to decrease exposure to the flu while limiting the disruption of day-to-day activities and learning.

Maine CDC is not issuing directives to close schools or day cares at this time. These are administrative decisions, largely based on staffing capacity.

H1N1 Vaccine Supply and Prioritization

Vaccine is being distributed at an unprecedented speed. Almost 40,000 doses of vaccine are arriving this week, bringing the total as of Nov. 5, to 138,600 doses. This is about 20% of the total amount of vaccine needed for **prioritized populations** in the state. Vaccine is continuing to be shipped as soon as it is allocated. However, **it is possible that there will not be sufficient supplies of vaccine for some of the highest priority people until next month.**

Vaccine is being sent out in response to several factors, including current trends in infections, prioritized populations, and the supply available.

We are asking that health care providers receiving shipments of H1N1 vaccine make sure it is immediately available to schools if they are serving as a distribution site for schools, and that in general, pregnant women and children be prioritized.

There are many reasons Maine CDC has been working with the Department of Education and other partners for months on the school-located vaccine clinic project:

- **All school children are at risk for H1N1 because of their age.**
- K-12 school children account for about a third of the of the estimated 575,000 non-health care workers in high priority groups in Maine. Schools are therefore an extremely efficient way to vaccinate a very large portion of the high-priority population.
- Studies show that school children as the major transmitters of flu in communities.
- By vaccinating children in school, we help ease the burden on the health care system, which would be overrun by many more additional parents and children seeking vaccine.
- Schools have most of the infrastructure needed to host vaccine clinics (nurses, refrigerators, space).
- Much of the vaccine formulation available to us first was the nasal spray, which is only licensed for otherwise healthy young people – the largest high priority group fitting the restrictions for that vaccine formulation is school children.

The school-located vaccine clinics have been successful in vaccinating thousands of Maine children with little disruption for students or parents in most cases. Nearly 100 schools have already conducted clinics, and more than 200 are scheduled for this week and next. However, this does not mean that pre-school aged children are not also a focus for vaccine.

The specific formulation of H1N1 vaccine for children ages 6 months – 3 years-old just became available to Maine CDC to order for the first time late last week. Since then, we have distributed about 6,600 doses to pediatric and family practices across the state. We anticipate being able to distribute another 11,000 doses of this formulation this week and next, and will continue to distribute to these practices across the state. If the national vaccine estimates continue as anticipated, there should be about 20,000 doses of this vaccine distributed in Maine before Thanksgiving. This should provide strong coverage for these infants and toddlers, who number about 35,000 in Maine.

There are other formulations of vaccine that can be administered to pre-school aged children, which are also slowly increasing in Maine. We are distributing those formulations to hospitals (who are mainly redistributing to their associated practices), pediatric and family practices, as well as home health agencies. There have been some clinics for young children, especially in rural areas and along the Midcoast.

As the appropriate formulations become available, about 1,100 doses of vaccine has been distributed to specialty practices (pulmonologists, asthma specialists, etc.) for people with underlying health conditions who are at risk for complications from the flu. We have contracted with home health agencies, health centers, city health departments, and hospitals to put on H1N1 vaccine clinics to be focused on high-risk populations. They should be underway as soon as there is sufficient vaccine.

As more vaccine arrives, we will broaden our distribution to other high risk groups, including young adults, additional people with health conditions, and health care and emergency services personnel. Once the full supply of vaccine has arrived, we plan to offer it to anyone who wants it.

New Guidance and Information Related to Vaccine:

- This US CDC site has current information on H1N1 vaccine dosage, administration, and storage: <http://www.cdc.gov/h1n1flu/vaccination/dosage.htm>
- US CDC posted a video (available with captions) about vaccine safety: <http://www.youtube.com/watch?v=RguFQQco9Ns>
- US CDC now posts an aggregate number of H1N1 vaccine doses daily at noon at <http://www.cdc.gov/h1n1flu/vaccination/vaccinesupply.htm> and updated its vaccine Q&A at http://www.cdc.gov/h1n1flu/vaccination/qa_vac_supply.htm.
- US CDC updated its Influenza Vaccination Record and made a printable version available for providers: http://www.cdc.gov/h1n1flu/vaccination/slv/pdf/influenza_record_card_10-09.pdf
- Maine CDC has created a new Vaccine Information page, which links to the Vaccine Information Statements (VIS), a fact sheet on the nasal spray vaccine in Maine, and information about vaccine safety: <http://www.maine.gov/dhhs/boh/maineflu/vaccine-information.shtml>.
- Additional details for health care providers, including information on Vaccine Adverse Effects Reporting are available at: <http://www.maine.gov/dhhs/boh/maineflu/h1n1/hc-providers/vaccine-info-hcp.shtml>

H1N1 Vaccination Distribution by County as of November 5:

County/Region	Cumulative Doses as of Last Week	Cumulative Doses as of This Week	% of Population Doses Represent
Androscoggin	8,500	13,800	13%
Penobscot	12,200	17,100	12%
Kennebec/Somerset	14,900	17,200	10%
Lincoln/Knox/Waldo	8,200	11,600	10%
Franklin	1,800	2,900	10%
Aroostook	4,200	6,600	9%
Cumberland/York/Sagadahoc	41,200	57,900	8%
Oxford	3,200	4,600	8%
Piscataquis	500	1,200	7%
Washington	2,000	2,300	7%
Hancock	2,300	3,400	6%
Statewide	99,000	138,600	10%

Note that this means there is one vaccine for every 5 people in a high priority group, and one for every 10 people in the state.

Distribution on Veterans Day:

The national distributor of H1N1 vaccine **will be open for business and delivering H1N1 vaccine** on Veterans Day, Wednesday, November 11. Maine CDC is contacting registered vaccine providers to ensure that deliveries can be fulfilled on Veterans Day as appropriate, based on supply and prioritization.

Antiviral Treatment

Anyone who is in a high risk category for flu complications – **those younger than 2 years old, 65 years or older, pregnant, and/or those with an underlying medical condition** – should be started on prescription antiviral medicines such as Tamiflu® if they have flu symptoms or if anyone in their household has symptoms.

Maine CDC's Stockpile: Maine CDC encourages physicians to prescribe antiviral medications as appropriate. In an effort to minimize financial barriers, Maine CDC has mobilized a significant portion of the state-purchased stockpile of antiviral medications for use by patients who do not have adequate insurance coverage (no insurance, high deductibles, high co-pays). Read the full Health Alert issued on this topic here:

<http://www.maine.gov/tools/whatsnew/index.php?topic=DHHS-HAN&id=84066&v=alert>

The FDA has issued guidance on compounding an oral suspension of Tamiflu® to provide multiple prescriptions:

<http://www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm188629.htm>

US CDC has also posted information about the safety of antivirals

(http://www.cdc.gov/H1N1flu/antivirals/safety_info.htm).

New Fact Sheets

- Plain language fact sheet on GBS: http://www.cdc.gov/h1n1flu/vaccination/factsheet_gbs.htm
- American Red Cross Information Sheet, "Preparing for an H1N1 Pandemic: Coping and Emotional Well-being" is available at <http://www.redcross.org/www-files/Documents/pdf/Preparedness/SwineH1N1FluCopingFactSheet.pdf>
- American Red Cross Information Sheet, "Preparing for an H1N1 Pandemic: Family Preparedness" is available at http://www.redcross.org/www-files/Documents/pdf/domestic%20programs/pan_flu_fam_prepared_fs.pdf

Other Updates from US CDC

- Guidance for Workers Employed at Commercial Swine Farms: http://www.cdc.gov/h1n1flu/guidelines_commerical_settings_with_pigs.htm
- A list of 2009 H1N1 guidance documents related to Medicare and Medicaid/CHIP coverage and payment policies, Section 1135 waivers, and more. http://www.cdc.gov/h1n1flu/vaccination/pdf/List_of_Annotated_CMS_Links_110309.pdf

Maine CDC H1N1 Activities This Past Week

Calls received by the phone bank.	597
Questions coming into flu.questions@maine.gov	164
Hits on the webpages associated with www.maineflu.gov	11,112
Lab tests we (HETL at Maine CDC) conducted	369
Lab tests we (HETL) conducted total since April.	5,683
Calls coming into the clinical consultation line	207
Maine CDC employees whose jobs do <u>not</u> normally involve anything related to H1N1 who have volunteered with the phone bank and other related efforts	123
Maine CDC employees who have been redeployed from other activities to focus on H1N1	96

Many Maine CDC posters and magnets are now available for order online:

<http://www.maine.gov/dhhs/boh/flu-poster-orders.shtml>

How to Stay Updated

- **Flu News:** View current Maine CDC press releases, Thursday morning weekly updates, and urgent updates from our Health Alert Network (HAN) by visiting: <http://www.maine.gov/dhhs/boh/maineflu/flu-news.shtml>. RSS feeds are

available for the weekly updates and HAN. Starting this week, Maine CDC is posting the top Q&A from Maine at the beginning of each week, which can be accessed the same way as these Weekly Updates.

- **Follow Maine CDC's Social Media Updates:**
 - **Facebook** (search for "Maine CDC")
 - **Twitter** (<http://twitter.com/MEPublicHealth>)
 - **MySpace** (www.myspace.com/mainepublichealth)
 - **Maine CDC's Blog** (<http://mainepublichealth.blogspot.com>)
- **H1N1 Conference Calls:** Maine CDC will be holding conference calls to provide updates and take questions on H1N1. The next call will be held **Monday, November 9, from noon to 1 pm**. To participate, call 1-800-914-3396 and enter pass code 473623#. During calls, please press *6 to mute your line and #6 to un-mute when you are actively participating.

Call or Email Us

- For clinical consultation, outbreak management guidance, and reporting of an outbreak of H1N1 call Maine CDC's toll free 24-hour phone line at: 1-800-821-5821.
- General Public Call-in Number for Questions: 1-888-257-0990
Deaf and Hard of Hearing phone number: 1-800-606-0215
Phone lines are open Monday - Friday 9 a.m. – 5 p.m.
- Email your questions to: flu.questions@maine.gov

Maine Weekly Influenza Surveillance Report

November 4, 2009



Cumulative data since April 27, 2009

- 896 confirmed and probable cases of H1N1 total to date
 - 727 in Maine residents
 - 28 Maine residents have been hospitalized
 - 169 in out of state residents tested in Maine
 - 5 Out of state residents have been hospitalized in Maine
- 1 death reported to date
- 91% of lab confirmed H1N1 cases in Maine residents and out of state visitors are under the age of 50 (range 0-81 years, mean of 20 years)

Characteristics of Lab Confirmed H1N1 Influenza Cases - Maine Residents, 2009

Age			Gender		At Risk		Hospital Care				Deaths	
Age group	N	%	Male	Female	HCW	Pregnant	Hospitalized	%	ICU	Ventilated	N	%
<5	58	8	31	27	0	0	3	5	0	0	0	0
5 to 18	368	50	195	173	1	0	5	1	1	1	0	0
19 to 24	103	14	41	62	5	1	3	3	0	0	0	0
25 to 49	139	19	50	89	18	2	7	5	1	1	0	0
50 to 64	57	8	25	32	8	0	8	14	2	2	1	1.8
>65	4	1	2	2	0	0	2	50	1	0	0	0
Total	729	~	344 (47%)	385(53%)	32	3	28	4	5	4	1	0.1

Lab confirmed H1N1 Influenza Cases by County – Maine Residents and Out of State Visitors, 2009

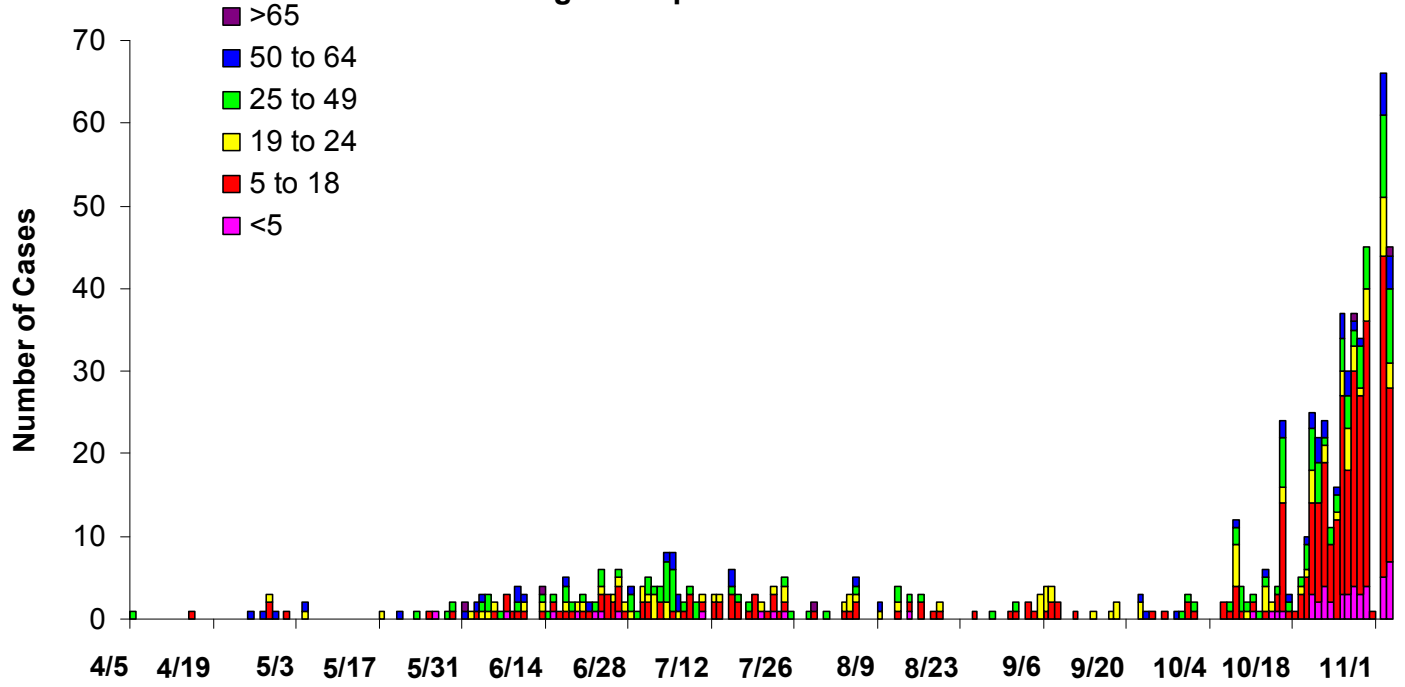
County	Maine Residents	Out of State	Total
Androscoggin	62	9	71
Aroostook	1	0	1
Cumberland	198	67	265
Franklin	6	0	6
Hancock	19	4	23
Kennebec	62	39	101
Knox	5	8	13
Lincoln	58	4	62
Oxford	29	9	38
Penobscot	136	4	140
Piscataquis	0	1	1
Sagadahoc	21	0	21
Somerset	9	2	11
Waldo	3	1	4
Washington	6	1	7
York	112	20	132
Total	727	169	896

Out of state cases are classified by the area in which they are staying (if a summer resident/camper) or the area in which they were tested

New This Week

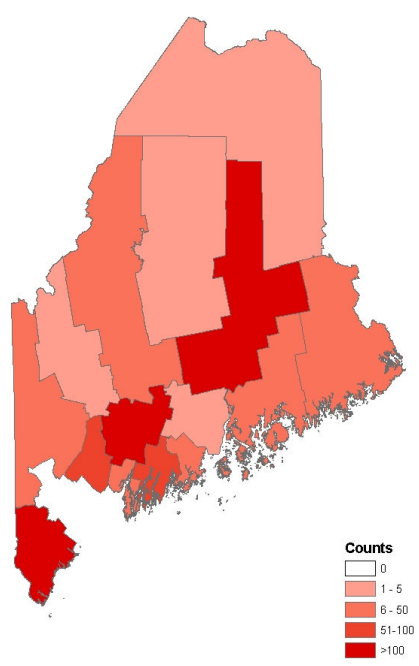
- Federal Flu Code: Widespread
- 293 new confirmed and probable cases of H1N1
 - 291 in Maine residents
 - 2 in out of state residents tested in Maine
- 10 new hospitalizations reported: 6 from Androscoggin, 1 from Kennebec, 1 from Lincoln, 1 from Oxford, and 1 from Cumberland
- 25 new outbreaks reported, all in school settings. K-12 schools in 9 counties and one University in Franklin county
- The first cases of H1N1 in Franklin county was reported

Confirmed Cases of H1N1 Influenza in Maine Residents, by Onset Date* and Age Group 11/4/2009



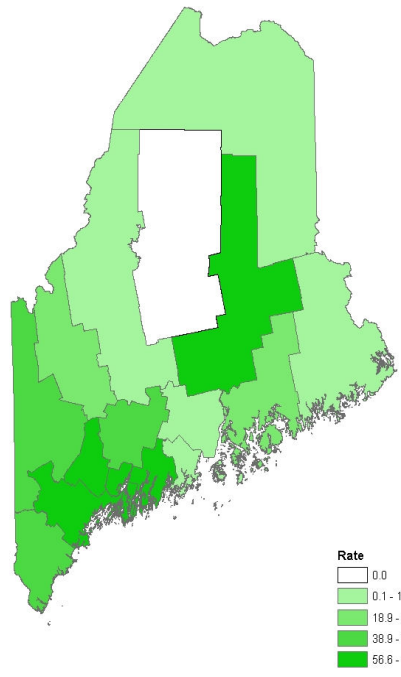
*if onset date is not available, the date reported to the state is used as the onset date

Lab Confirmed H1N1, by County – Maine Residents and Out of State Visitors, 2009



Counts
 0
 1-5
 6-50
 51-100
 >100

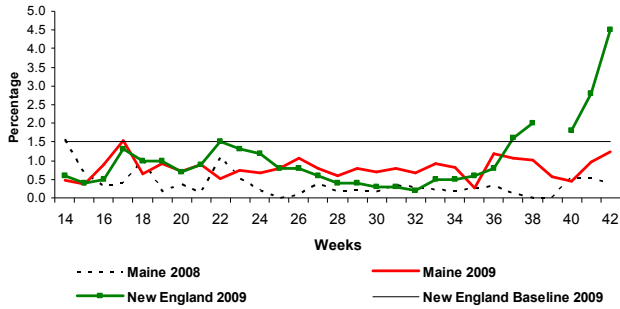
Rate of Lab Confirmed H1N1 Infection per 100,000 People, by County - Maine Residents, 2009



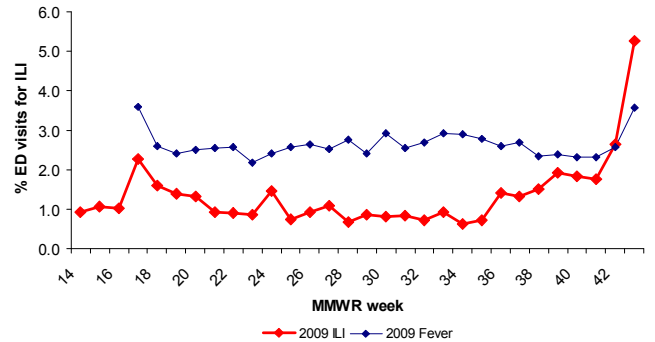
Rate
 0.0
 0.1 - 18.8
 18.9 - 38.8
 38.9 - 56.5
 56.6 - 188.2

Surveillance Information

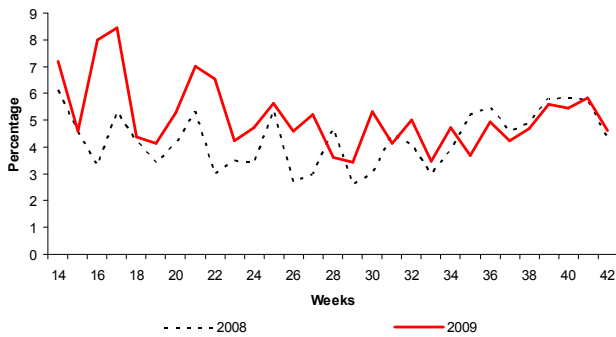
Outpatient Visits for Influenza-like Illness – Maine, 2008-09



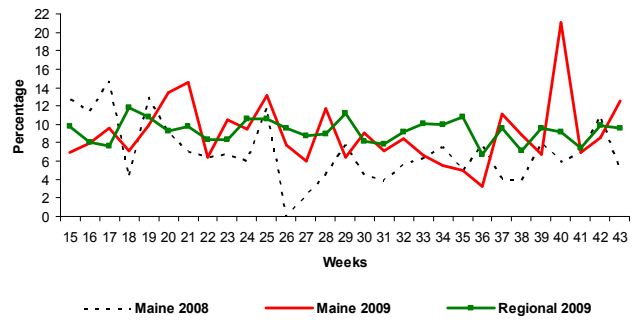
Emergency Department Visits for ILI at Eight Hospitals – Maine, 2009



Hospital Admissions Due to Pneumonia or Influenza – Maine, 2007-09



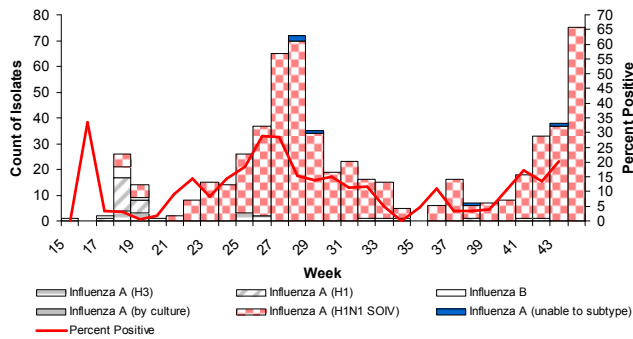
Percentage of Deaths Attributable to Pneumonia or Influenza – Maine, 2007-09



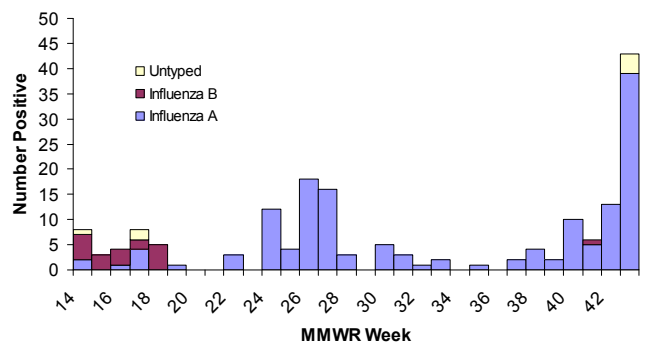
Lab Data

- 5,563 influenza tests have been performed since April 27, 2009
 - 10.6% of tests have been positive for H1N1

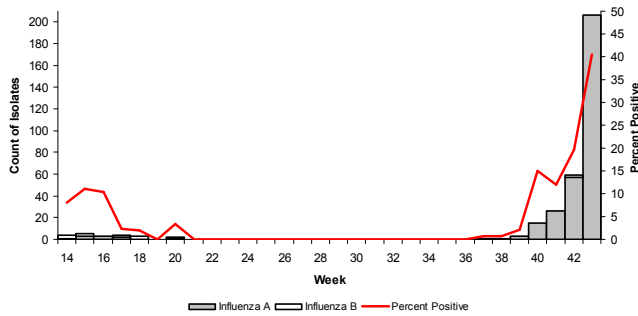
Respiratory Specimens Positive for Influenza from HETL – Maine, 2009



Positive Rapid Influenza Tests- Maine, 2009

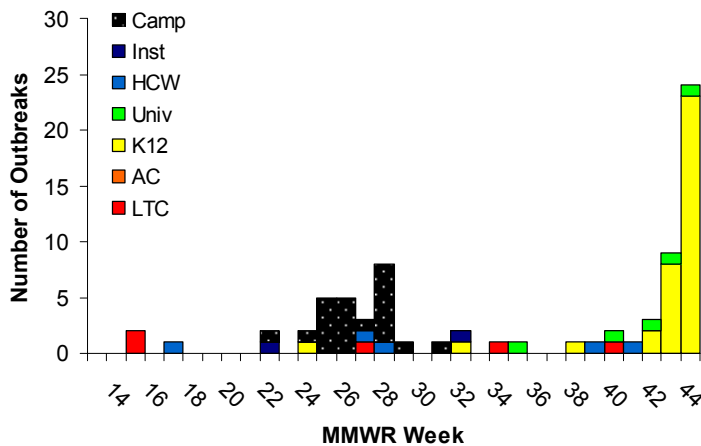


Respiratory Specimens Positive for Influenza from Two Reference Laboratories - Maine, 2009



Influenza-Like Illness Outbreaks – Maine, 2009

Influenza-Like Illness Outbreaks by Facility Type in Maine, April - October 2009



Outbreak Facility Type Key:

- LTC - Long Term Care Facility
- AC - Acute Care Facility (nosocomial)
- K12 - School (K-12) or daycare
- Univ - School (residential) or University
- HCW - Health care workers
- Inst - Other institutions (workplaces, correctional facilities etc)
- Camp - Summer Camps

Influenza-Like Illness Outbreaks by Facility Type and County, Maine, April – October, 2009

County	LTC	AC	K12	Univ	HCW	Inst	Camp	Total
Androscoggin	0	0	4	1	0	0	2	7
Aroostook	0	0	1	0	0	0	0	1
Cumberland	1	0	2	1	1	1	9	15
Franklin	1	0	0	1	0	0	0	2
Hancock	0	0	0	0	0	0	0	0
Kennebec	0	0	9	0	1	0	6	16
Knox	0	0	0	0	0	0	2	2
Lincoln	1	0	4	0	0	1	1	7
Oxford	0	0	2	1	0	0	1	4
Penobscot	0	0	7	0	0	0	0	7
Piscataquis	0	0	0	0	0	0	0	0
Sagadahoc	0	0	0	0	0	0	0	0
Somerset	0	0	1	1	1	0	1	4
Waldo	0	0	1	0	0	1	0	2
Washington	1	0	2	0	0	0	0	3
York	1	0	2	0	0	0	1	4
Total	5	0	35	5	3	3	23	74

