



# SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH

*protecting and promoting the public's health since 1928*

## H1N1 Update for EOC Members October 9, 2009

### Epidemiology

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- During week 38 (September 20-26, 2009), influenza activity increased in the U.S.
  - 99% of all sub-typed influenza A viruses being reported to CDC was 2009 influenza A (H1N1) viruses.
  - 26 states in the United States reported "widespread" activity
  - Michigan reported "regional" influenza activity for this week.
- As of September 20-26, Michigan has reported 5915 cases of flu-like illness and confirmed and probable cases of seasonal and novel influenza. 5 total deaths have been reported since 9/1/09 in Michigan associated with any influenza strain.
- From September 20-26, 2009, Saginaw County has 401 confirmed and probably flu like illnesses reported, with no deaths. This number is reflective of the amount of influenza like illnesses reported by the schools each week.
- A recent study was published in the New England Journal of Medicine Which analyzed the clinical characteristics of patients hospitalized with 2009 H1N1 flu virus infections in the United States during April through June 2009. The results of the study have lead CDC researchers to make the following conclusions:
  - 2009 H1N1 infections have caused severe illness, including pneumonia and death.
  - Delays in therapy were associated with more severe outcomes, such death and admittance into the intensive care unit (ICU).
  - Medical conditions associated with seasonal flu-related complications were prevalent among hospitalized patients with 2009 H1N1.
  - Unlike seasonal flu, few of the hospitalized patients were 65 years of age and older.
  - Although at this time obesity has not been linked with increased risk for flu-related complications, further investigation is warranted.

### ACIP Recommendations on Target Immunization Groups

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The Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) has identified **target** and **priority** immunization groups as recipients of the A/2009 Novel H1N1 Influenza vaccine.

People in the **target** immunization groups include:

- (1) Pregnant Women
- (2) People caring for children less than 6 mos of age
- (3) Health Care Workers
- (4) People ages 6 months through 24 years of age
- (5) people ages 25 through 64 years of age with chronic medical conditions.

People in the **priority** immunization groups include:

- (1) Pregnant Women
- (2) People caring for children less than 6 mos of age
- (3) Health Care Workers with direct patient care
- (4) People ages 6 months through 4 years of age
- (5) people ages 5 through 18 years of age with chronic medical conditions.

# 2009 H1N1 INFLUENZA VACCINE

## LIVE, ATTENUATED (the nasal spray vaccine) WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).

### 1 What is 2009 H1N1 influenza?

2009 H1N1 influenza (sometimes called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue
- Fever
- Sore Throat
- Muscle Aches
- Chills
- Coughing
- Sneezing

Some people also have diarrhea and vomiting.

Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

### 2 How is 2009 H1N1 different from regular (seasonal) flu?

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The 2009 H1N1 flu virus is a new virus strain. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

### 3 2009 H1N1 influenza vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent “influenza-like” illnesses caused by other viruses.

- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if you want protection from seasonal flu.*

**Live, attenuated intranasal vaccine (or LAIV)** is sprayed into the nose. **This sheet describes the live, attenuated intranasal vaccine.**

An **inactivated** vaccine is also available, which is given as a shot. It is described in a separate sheet.

The 2009 H1N1 LAIV does not contain thimerosal or other preservatives. It is licensed for people from 2 through 49 years of age.

The vaccine virus is attenuated (weakened) so it will not cause illness.

### 4 Who should get 2009 H1N1 influenza vaccine and when?

#### WHO

LAIV is approved for people from 2 through 49 years of age who are not pregnant and do not have certain health conditions (see number 5 below). Groups recommended to receive 2009 H1N1 LAIV first are healthy people who:

- are from 2 through 24 years of age,
- are from 25 through 49 years of age and
  - live with or care for infants younger than 6 months of age, or
  - are health care or emergency medical personnel.

As more vaccine becomes available, other healthy 25 through 49 year olds should also be vaccinated.

Note: While certain groups should not get LAIV – for example pregnant women, people with long-term health problems, and children from 6 months to 2 years of age – it is important that they be vaccinated. They should get the flu shot.

The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

#### WHEN

Get vaccinated as soon as the vaccine is available,

Children through 9 years of age should get two doses of vaccine, about a month apart. Older children and adults need only one dose.

## 5 Some people should not get the vaccine or should wait

You should not get 2009 H1N1 LAIV if you have a severe (life-threatening) allergy to eggs, or to any other substance in the vaccine. Tell the person giving you the vaccine if you have any severe allergies.

2009 H1N1 LAIV should not be given to the following groups.

- children younger than 2 and adults 50 years and older
- pregnant women,
- anyone with a weakened immune system,
- anyone with a long-term health problem such as
  - heart disease
  - kidney or liver disease
  - lung disease
  - metabolic disease such as diabetes
  - asthma
  - anemia and other blood disorders
- children younger than 5 years with asthma or one or more episodes of wheezing during the past year,
- anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems,
- anyone in close contact with a person with a severely weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit),
- children or adolescents on long-term aspirin treatment.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Tell your doctor if you ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain-Barré syndrome (a severe paralytic illness also called GBS).

These may not be reasons to avoid the vaccine, but the medical staff can help you decide.

2009 H1N1 LAIV may be given at the same time as most other vaccines. Tell your doctor if you got any other vaccines within the past month or plan to get any within the next month. H1N1 LAIV and seasonal LAIV should not be given together.

## 6 What are the risks from 2009 H1N1 LAIV?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The risks from 2009 H1N1 LAIV are expected to be similar to those from seasonal LAIV:

### Mild problems:

Some children and adolescents 2-17 years of age have reported mild reactions, including:

- runny nose, nasal congestion or cough
- fever
- headache and muscle aches
- wheezing
- abdominal pain or occasional vomiting or diarrhea

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Some adults 18-49 years of age have reported:

- runny nose or nasal congestion
- sore throat
- cough, chills, tiredness/weakness
- headache

### Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.
- In 1976, an earlier type of inactivated swine flu vaccine was associated with cases of Guillain-Barré Syndrome (GBS). LAIV has not been linked to GBS.

## 7 What if there is a severe reaction?

### What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

### What should I do?

- Call a doctor, or get the person to a doctor right away.
- Tell the doctor what happened, the date and time it happened, and when the vaccination was given.
- Ask your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling 1-800-822-7967.

VAERS does not provide medical advice.

## 8 Vaccine injury compensation

If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call 1-888-275-4772 or visit the program's website at:

[www.hrsa.gov/countermeasurescomp/default.htm](http://www.hrsa.gov/countermeasurescomp/default.htm).

## 9 How can I learn more?

- Ask your provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department. 1-888-767-4687
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO) or
  - Visit CDC's website at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or [www.cdc.gov/flu](http://www.cdc.gov/flu)
  - Visit the web at [www.flu.gov](http://www.flu.gov)



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



Vaccine Information Statement  
2009 H1N1 LAIV

10/2/09

AUTH: P.H.S., Act 42, Sect. 2126.

To allow medical care provider(s) accurate immunization status information, an immunization assessment, and a recommended schedule for future immunizations, information will be sent to the Michigan Care Improvement Registry. Individuals have the right to request that their medical care provider not forward immunization information to the Registry.

## H1N1 Planning for Priority Populations as Determined by ACIP (July, 2009)

Target Immunization Groups	Estimated # of People in Group	Figured used to calculate estimates	Source of Data:
Pregnant Women	2,800	3618 estimated number of pregnancies in 2007	<b>Source:</b> Michigan Resident Birth and Reported Induced Abortion Files, Division for Vital Records & Health Statistics, Michigan Department of Community Health
Household contacts and caregivers for children younger than 6 months of age	4,868	6.76 live births per day in Saginaw County - 1217 children <6 months *4 per household = 4868	MDCH - Vital Records & Health Statistics
Healthcare and emergency medical services personnel	7,000	Estimates from SNS plan divided by 4 (family not included)	
All people from 6 months - 24 years of age	69,477	13,079 - children <5 yo	Census - American Fact Finder 2005-2007 estimates
Persons 25-64 who have health conditions associated with higher risk of medical complications from influenza	4,164	Pan Flu Plan (D1) - any age listed	
<b>Total Estimates for Target Groups</b>	<b>88,309</b>		

**ACIP's recommendations for vaccine target immunization groups for H1N1.** Target Immunization groups who are at a higher risk of disease or complications, those who are likely to come in contact with novel H1N1, and those who could infect young infants.

Priority Immunization Groups*	Estimated # of People in Group	Figured used to calculate estimates	Source of Data:
Pregnant Women	2,800	3618 estimated number of pregnancies in 2007	<b>Source:</b> Michigan Resident Birth and Reported Induced Abortion Files, Division for Vital Records & Health Statistics, Michigan Department of Community Health
Household contacts and caregivers for children younger than 6 months of age	4,868	6.76 live births per day in Saginaw County - 1217 children <6 months *4 per household = 4868	MDCH - Vital Records & Health Statistics
Healthcare and emergency medical services personnel <i>with direct patient care</i>	800	Estimates from group above decreasing hospital and MMR figures to 200 per hospital, 100 for MMR, 100 SCDPH	
<b>Children 6 months - 4 years of age</b>	11,862	Using approx. 1217 <6 months and 13079 < 5 years	
<b>Children 5 - 18 years of age who have chronic medical conditions</b>	<4164	4164 is estimate of all ages with chronic conditions...43,885 are from 5-19 years	Census - American Fact Finder 2005-2007 estimates
<b>Total Estimates for Priority Groups</b>	<b>20,330</b>		

**ACIP's recommendations for vaccine priority immunization groups for H1N1...**if initially there are limited quantities of H1N1 vaccine. These groups have been identified as most vulnerable or critical to maintain essential services, and will therefore receive the vaccine before others.

\* Priority should be given to persons in the subset of the five target groups only if initial vaccine availability is not sufficient to meet demand for all persons in the five target groups. As vaccine availability increases, vaccination programs should be expanded to include all members of the initial target groups. Vaccination of other adult populations is recommended as vaccine availability increases.