

## 2009-2010 Influenza Season Update #1

To: Healthcare Providers, Hospital Emergency Departments, Clinical Laboratories  
From: Wendy Davis, MD, Commissioner

– Please Distribute Widely –

### Epidemiology and Surveillance Update

In Vermont:

- Vermont Department of Health Laboratory: Of 65 specimens analyzed between Sept. 1 and Sept. 23, four isolates were confirmed as influenza A. Two were subtyped as 2009 H1N1 influenza A, and two as seasonal H3.
- Influenza-like illness activity (ILI) in Vermont is currently classified as *sporadic*.
- Respiratory syndrome visits to the seven hospitals and one walk-in clinic that participate in Vermont Early Aberration Reporting System (EARS) have slowly increased since Labor Day, as expected for this time of year.

The Health Department will report weekly on Vermont flu activity at our website [HealthVermont.gov](http://HealthVermont.gov). Choose “The Flu” at the top of our home page to check the level of flu activity in our state.

National and regional flu surveillance data reported to CDC is available at: [www.cdc.gov/flu/weekly/](http://www.cdc.gov/flu/weekly/)  
As of Sept. 12:

- 21 states have reported widespread influenza activity.
- 99% of all subtyped influenza A viruses have been identified as H1N1.
- The proportion of deaths from pneumonia and flu remains below the epidemic threshold.

### Vermont’s 2009 H1N1 Influenza Vaccination Plan

The Vermont Department of Health is leading H1N1 vaccination planning and delivery efforts. Vaccinations will begin mid- to late October. Vaccine will be offered first to the following groups, according to CDC’s Advisory Committee on Immunization Practices (ACIP) recommendations:

- Pregnant women
- Household contacts and caregivers of children younger than 6 months
- Health care and EMS personnel
- Anyone age 6 months through 24 years old
- Adults age 25 through 64 with medical conditions that put them at higher risk of serious complications from influenza

As more vaccine becomes available, it will be offered to people outside these groups.

*(2009 H1N1 Vaccination Plan, continued)*

H1N1 vaccine will be administered at a variety of sites:

- Primary care providers, especially those providing care to children and people with conditions that predispose them to flu complications. **You can enroll as a participating provider** by contacting the Vermont Department of Health Immunization Program at 802-863-7638.
- K-12 schools
- Public health clinics

### **Seasonal flu vaccine supplies**

Supplies of seasonal flu vaccines are beginning to arrive in state. As of Sept. 22, vaccine manufacturers and distributors shipped a total of 57,210 vaccine doses to Vermont. In addition, 11,500 pediatric doses have been delivered through Vermont's Vaccines for Children program. The Health Department has had some reports of seasonal vaccine supply delays. If you have been told to expect fewer doses than you originally ordered, you may wish to get on multiple vaccine distributor's wait lists. It's still early in the flu season, and more vaccine generally becomes available later in the fall.

The Health Department will publicize public clinics on our website. Go to [HealthVermont.gov](http://HealthVermont.gov), then choose "The Flu" at the top of the home page, then choose "Flu Clinic Finder" to locate clinics.

### **Updated CDC Antiviral Treatment Guidance**

CDC updated their antiviral treatment guidance on September 22, 2009. While most people who are infected will not require antiviral treatment, persons presenting with suspected influenza and more severe symptoms such as evidence of lower respiratory tract infection or clinical deterioration should receive prompt empiric antiviral therapy, regardless of previous health or age. Early empiric treatment should be considered for:

- People with suspected or confirmed influenza who present with more severe illness or who require hospitalization
- People with suspected or confirmed influenza who are at higher risk for complications
  - ✓ Children younger than 2 years old. Children 2 years to 4 years old are more likely to require hospitalization or urgent medical evaluation for influenza compared with older children, although the risk is much lower than for children younger than 2 years old.
  - ✓ Adults 65 years and older
  - ✓ Pregnant women
- People with certain chronic medical or immunosuppressive conditions
- People younger than 19 who are receiving long-term aspirin therapy

Physicians may also decide not to treat some people in these groups, or to treat people outside these groups based on their clinical judgment.

Keep up with CDC's recommendations by visiting: [cdc.gov/h1n1flu/recommendations.htm](http://cdc.gov/h1n1flu/recommendations.htm)

### **Home Care Guidance**

Requests for flu home care guidance have increased. "What To Do If You Get Sick: 2009 H1N1 and Seasonal Flu" guidance is available at: [healthvermont.gov/panflu/sick.aspx](http://healthvermont.gov/panflu/sick.aspx)