

Novel Influenza A (H1N1) Update: 2nd Case in Vermont

To: Healthcare Providers, Hospital Emergency Departments, Clinical Laboratories
From: Wendy Davis, M.D., Commissioner of Health

– Please Distribute Widely –

- A Windsor County adult is the second Vermont resident to have a laboratory-confirmed case of novel influenza A (H1N1). This person was not hospitalized and is recovering well at home.
- Since April 26, 2009, the Vermont Department of Health Laboratory has tested 301 clinical specimens for influenza A. Three* specimens have tested positive for novel influenza A (H1N1), 34 have tested positive for seasonal influenza A.
- On May 8, 2009, our Laboratory gained the ability to perform the confirmatory testing of novel human influenza A (H1N1), following on-site validation of a high complexity molecular assay provided by the Centers for Disease Control & Prevention.
- An updated testing algorithm to help clinicians make decisions on testing and treatment for novel influenza A H1N1 virus is attached. This and other tools, resources and links for clinicians are always available at the Health Department's website: www.healthvermont.gov.
- To report *hospitalized patients or specimens being submitted from an institutional setting*, or if you have questions, call the Infectious Disease Epidemiology Section at 802-863-7240. An epidemiologist is available on call 24/7.
- Individuals who are being tested for novel H1N1 influenza and/or are suspected of having novel H1N1 influenza should be considered to be infectious 1 day before onset of symptoms until 7 days after onset of symptoms. Patients should be advised to stay home from work or school for a full 7 days - or - for 24 hours after symptoms resolve, whichever is longer.
- For purposes of infection control in hospital settings, patients or staff with unexplained influenza-like illness (ILI) should be assumed to be infectious for 7 days - or - 24 hours after symptoms resolve, whichever is longer.
- Patients should be instructed to follow strict hand hygiene and respiratory hygiene/cough etiquette. (Cover nose and mouth with tissue when coughing or sneezing and wash hands afterwards. Do not go to work, school or travel while ill unless needed to access medical care.)

* One person confirmed by the Vermont Department of Health Laboratory to have novel H1N1 flu was a visitor from another state, and will not be reflected in Vermont's count of confirmed cases.