



MARYLAND DEPARTMENT OF HEALTH AND MENTAL HYGIENE
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COMMUNITY HEALTH ADMINISTRATION
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April 29, 2009

Swine Influenza A (H1N1) Information for Colleges and Universities

Nationally, cases of swine influenza A (H1N1) have been identified. The Maryland Department of Health and Mental Hygiene (DHMH) is working with other local and state jurisdictions and CDC to investigate possible cases. It has been determined that this virus has been spreading from person to person. Currently, there is no vaccine for this new virus and the current seasonal influenza is thought to be unlikely to provide protection against this new strain.

In light of this ongoing outbreak, we would like to provide you with interim guidance for assessing patients in the outpatient setting. Please refer to guidance below for information on how to screen patients, how to determine who to collect specimens on, and how to appropriately isolate suspect/possible cases. Also, we encourage you to review your preparedness plans for pandemic influenza if you have not already done so. Please contact DHMH at 410-767-6700 or your local health department with any questions that you might have.

GENERAL POINTS

- First and most importantly, enforce policies for having people stay at home during their illness.
- In addition, remind and inform workers not to come to work while ill.
- A person may be infectious for up to 10 days after illness onset with influenza while adults are generally infectious for 5-7 days.
- Review your plans for responding to a pandemic and make sure they are up to date.
- Know local/state plans for child care in the event of a mild or severe pandemic. This information may be available from state or local health authorities
- Develop and implement a system to track illness and absence due to illness among students and staff if one is not already in place.
- Review and implement CDC Guidelines and Recommendations for preventing the spread of influenza
- Monitor the postings on the CDC web site about this virus (www.cdc.gov/swineflu).
- Contact your local public health department if you have questions or suspected cases.
- Review your facilities emergency preparedness plans and consult with state and/or local health department's pandemic plans, particularly if the number of cases escalates dramatically.
- Additional generic planning information for schools, including examples of state and local plans, can be found on the Department of Education's website at:
<http://www.ed.gov/admins/lead/safety/emergencyplan/pandemic/index.html>.

Preventing the Flu: Good Health Habits Can Help Stop Germs

Fact Sheet

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

4. Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

There is no vaccine available at this time for the current outbreak of the Swine Flu virus, so it is important for people living in the affected areas to take steps to prevent spreading the virus to others. If people are ill, they should stay at home and limit contact with others, except to seek medical care. Healthy residents living in these areas should take the everyday preventive actions listed above.

People who live in these areas who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.

DHMH INTERIM GUIDANCE FOR SWINE FLU SCREENING IN OUTPATIENT SETTING
(04-29-09 13:00)

Maryland DHMH's current goal is to screen and identify the extent of swine flu in the state in order to understand its magnitude and contain its spread.

This is a rapidly evolving situation and guidance should be considered interim and will be updated frequently.

If patients call with flu-like symptoms, we ask that providers determine if the patient meets selected clinical (see I below) and epidemiological (see II below) criteria to determine the need for testing specimens. Also, directions for clinical specimen collection (see III below) and testing, treatment, prophylaxis, and infection control recommendations are also provided.

- I. **Clinical Criteria**(http://www.cdc.gov/swineflu/casedef_swineflu.htm) Does patient meet clinical criteria for acute respiratory illness?
(http://www.cdc.gov/swineflu/casedef_swineflu.htm)

***Acute Respiratory Illness:** defined as FEVER ($T > 37.8^{\circ}\text{C}$) plus one or more of the following:*

- rhinorrhea/nasal congestion
- sore throat
- cough

- II. **Epidemiologic link** (<http://www.cdc.gov/swineflu>) Does the patient have any exposure to known swine flu cases, either via contact with:

- a confirmed swine flu case
- travel to area with known swine flu (as per daily CDC update)
- contact with ill traveler from known swine flu site
- contact with swine

- III. If patient does not meet the above clinical and epidemiologic and has MILD symptoms, it is reasonable to have them stay home and recover, with provision of warning signs as to when to seek medical care.

- IV. **Specimen Collection:** If patient (I) meets clinical criteria AND (II) has an epidemiologic link, DHMH requests that the provider **contact their local health department** (Appendix D) and then screen the patient for swine flu (novel influenza A

virus). The provider should obtain a nasopharyngeal swab or wash and place the specimen in viral transport media under refrigeration. Next, follow local health department directions for submission to state for laboratory evaluation. The DHMH laboratory will submit to CDC for final confirmation (Appendix B).

Note: The sensitivity and specificity of rapid influenza testing for swine flu is unknown. If high clinical suspicion exists and rapid flu test is negative, provider should obtain swab for testing, as above.

- V. **Infection Control:** If patient arrives for medical evaluation, please provide patient with a surgical mask and place patient in a private room. Hand hygiene and covering of cough is recommended for patient. Health care provider should wear respiratory protection and protective eyewear when obtaining specimens.
(http://www.cdc.gov/swineflu/guidelines_infection_control.htm)

- VI. **Home Care:** If patient is then discharged home, the patient should self-isolate to house until diagnosis is finalized. If patient is confirmed positive, he/she should remain in isolation until day 7 of symptoms or 24 hours after resolution of symptoms.
(http://www.cdc.gov/swineflu/guidance_homecare.htm)

- VII. **Treatment and Prophylaxis:** For treatment and prophylaxis, please see CDC guidelines:
(<http://www.cdc.gov/swineflu/recommendations.htm>)

Appendix A CDC Definition of Suspect, Probable, Confirmed Swine Flu

Appendix B. Interim Maryland Guidance for Laboratory Evaluation of Novel Swine Flu

Appendix C. Interim Maryland Guidance for Outpatient Screening of Patients with Possible Novel Swine Flu

Appendix D. Local Health Department Contact List

Appendix E. Patient guidance for self referral.

Appendix A.

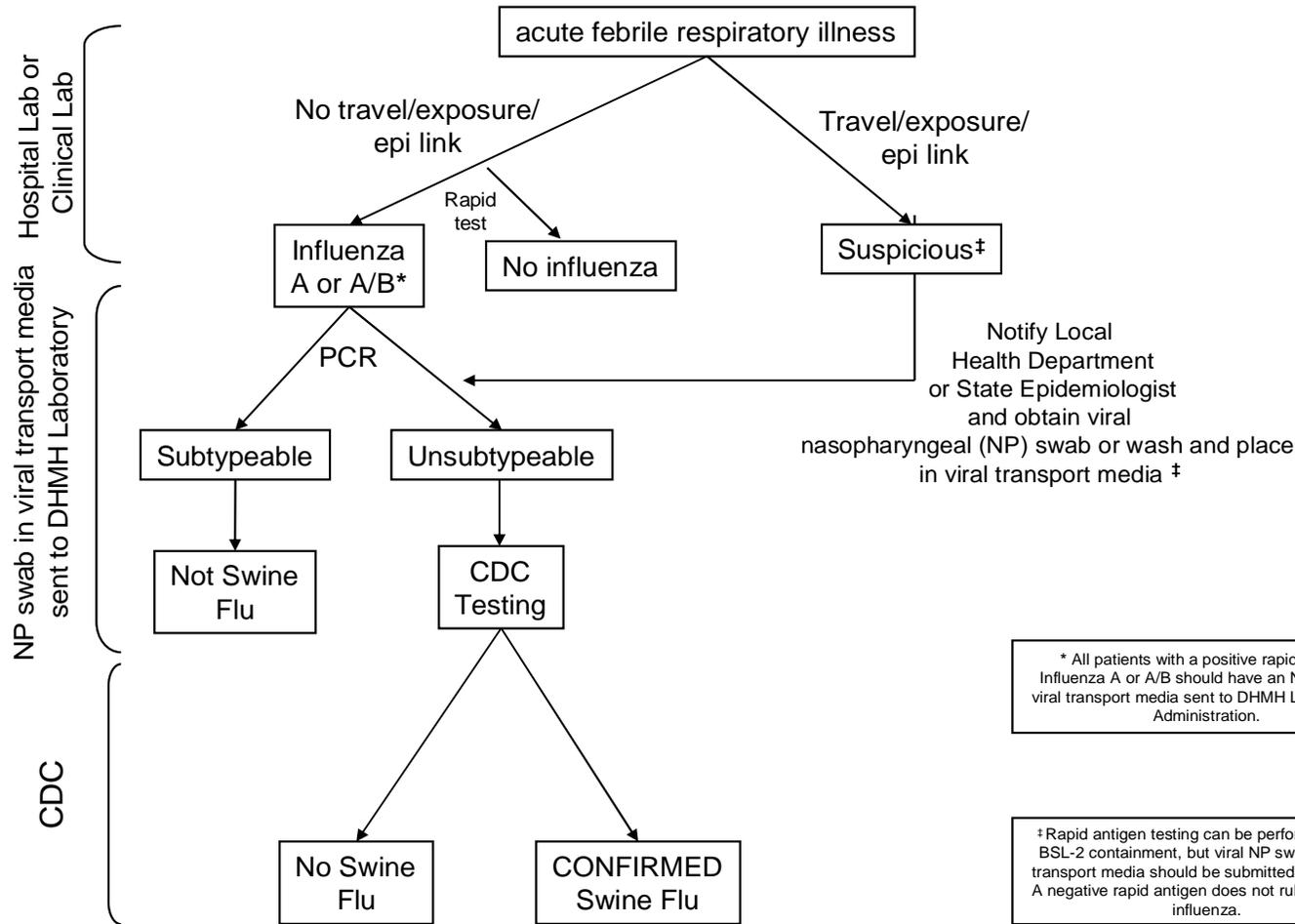
Definitions for Infection with Swine Influenza A (H1N1) Virus

1. A confirmed case of swine influenza A (H1N1) virus infection is defined as a person with an acute febrile respiratory illness with laboratory confirmed swine influenza A (H1N1) virus infection at CDC by one or more of the following tests:
 1. real-time RT-PCR
 2. viral culture

2. A probable case of swine influenza A (H1N1) virus infection is defined as a person with an acute febrile respiratory illness
 1. positive for influenza A, but H1 and H3 negative by influenza RT-PCR OR

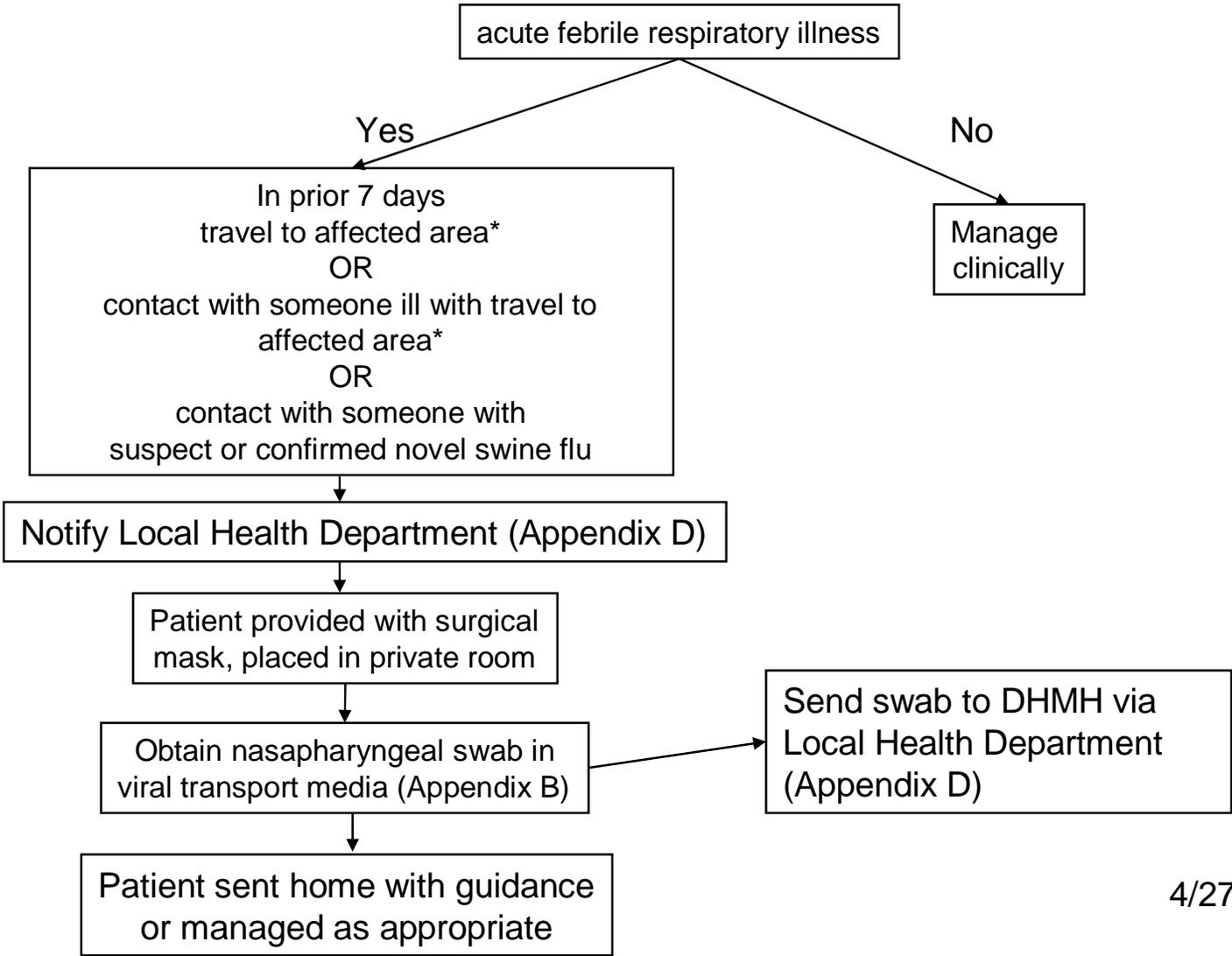
3. A suspected case of swine influenza A (H1N1) virus infection is defined as as a person with an acute febrile respiratory illness:
 1. with onset within 7 days of close contact with a person who is a confirmed case of swine influenza A (H1N1) virus infection OR
 2. with onset within 7 days of travel to a community either within the United States or internationally where there are one or more confirmed swine influenza A (H1N1) cases OR
 3. who resides in a community where there are one or more confirmed swine influenza (H1N1) cases

Infectious period for confirmed cases = 1 day before onset to 7 days after onset of illness



Appendix C.

Interim Maryland Guidance for Screening of Patients with Possible Novel Swine Flu



Appendix D. List of Maryland Local Health Department Contacts.

Table 3 MARYLAND LOCAL HEALTH DEPARTMENTS			
Addresses & Telephone Numbers for Communicable Disease Reporting			
★ Telephone (T) or Pager (P) Number for After Hours and Weekend Reporting			
JURISDICTION	ADDRESS	JURISDICTION	ADDRESS
ALLEGANY Ph. 301-759-5112 Fax 301-777-5669 ★T 301-759-5000	PO Box 12501 Willowbrook Road SE Cumberland MD 21501-1745	HARFORD Ph. 410-612-1744 Fax 410-612-9185 ★T 443-243-5726	1321 Woodbridge Station Way Edgewood MD 21040
ANNE ARUNDEL Ph. 410-222-7256 Fax 410-222-7490 ★T 443-481-3140	Communicable Disease & Epi. 1 Harry S. Truman Parkway Room 231 Annapolis MD 21401	HOWARD Ph. 410-313-6110 Fax 410-313-6108 ★T 410-313-2929	7180 Columbia Gateway Drive Columbia MD 21046
BALTIMORE CITY Ph. 410-396-4436 Fax 410-625-0688 ★T 410-396-3100	1001 E. Fayette Street Baltimore MD 21202	KENT Ph. 410-778-1350 Fax 410-778-7913 ★T(410) 708-5611	125 S. Lynchburg Street Chestertown MD 21620
BALTIMORE CO. Ph. 410-887-2724 Fax 410-377-5397 ★T 410-832-7182	Communicable Disease, 3rd Floor 6401 York Road Baltimore MD 21212	MONTGOMERY Ph. 240-777-1755 Fax 240-777-1754 ★T 240-777-4000	2000 Dennis Avenue Suite 238 Silver Spring MD 20902
CALVERT Ph. 410-535-5400 Fax 410-414-2057 ★P 410-586-4051	PO Box 980 Prince Frederick MD 20678	PR. GEORGE'S Ph. 301-583-3750 Fax 301-583-3794 ★T 301-499-8400	3003 Hospital Drive Suite 1066 Cheverly MD 20785-1194
CAROLINE Ph. 410-479-8000 Fax 410-479-4864 ★P 410-819-9795	PO Box 10 403 South 7th Street Denton MD 21629	QUEEN ANNE'S Ph. 410-758-0720 Fax 410-758-8151 ★T 410-758-3476	206 N. Commerce Street Centreville MD 21617
CARROLL Ph. 410-876-4926 Fax 410-876-4959 ★T 410-876-4900	PO Box 845 290 S. Center Street Westminster MD 21158-0845	ST. MARY'S Ph. 301-475-4316 Fax 301-475-4308 ★T 301-475-8016	PO Box 316 21580 Peabody Street Leonardtown MD 20650
CECIL Ph. 410-996-5100 Fax 410-996-1019 ★T 410-392-2008	401 Bow Street Elkton MD 21921	SOMERSET Ph. 443-523-1740 Fax 410-651-5699 ★T 443-614-6708	Attn: Communicable Disease 7920 Crisfield Highway Westover MD 21871
CHARLES Ph. 301-609-6810 Fax 301-934-7048 ★P 301-207-0655	PO Box 1050 White Plains MD 20695	TALBOT Ph. 410-819-5600 Fax 410-819-5693 ★T 410-819-5600	100 S. Hanson Street Easton MD 21601
DORCHESTER Ph. 410-228-3223 Fax 410-901-8180 ★P 410-221-3362	3 Cedar Street Cambridge MD 21613	WASHINGTON Ph. 240-313-3210 Fax 240-420-5367 ★T 240-313-3200	1302 Pennsylvania Avenue Hagerstown MD 21742
FREDERICK Ph. 301-600-3342 Fax 301-600-1403 ★P 301-360-7386	350 Montevue Lane Frederick MD 21702	WICOMICO Ph. 410-543-6943 Fax 410-548-5151 ★T 410-543-6996	Attn: Communicable Disease 108 E. Main Street Salisbury MD 21801-4921
GARRETT Ph. 301-334-7777 Fax 301-334-7771 Fax 301-334-7717 ← ★T 301-334-1930	Garrett Co. Community Health Ctr. 1025 Memorial Drive Oakland MD 21550-4343 (Fax for use during emergencies)	WORCESTER Ph. 410-632-1100 Fax 410-632-0906 ★T 410-632-1311	PO Box 249 Snow Hill MD 21863
STATE Ph. 410-767-6709 Fax 410-669-4215 (for General use, NOT for STD, HIV, or CD4) Fax 410-333-5529 (for Sexually Transmitted Diseases, but NOT HIV or CD4) ★T 410-767-6700 (use if Local Health Dept. is unavailable)		Maryland Department of Health & Mental Hygiene 201 West Preston Street Unit #26 Baltimore MD 21201-2301 ATTN: EDCP - Communicable Disease Surveillance	

410-767-6742 ☎ Fax 410-333-5995

Toll Free 1-877-4MD-DHMH ☎ TYY for Disabled - Maryland Relay Service 1-800-735-2258

Web Site: www.dhmm.state.md.us

Appendix E. The Resident's Common Sense Swine Flu Check-List

If YOU have a Flu-Like Illness

Including: Fever > 100°F (37.8°C) AND COUGH <u>OR</u> SORE THROAT
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And

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History of travel to an affected area within 7 days of illness onset

Or Contact with an ill person fitting the above travel description within 7 days of illness onset

Then Stay Home and CALL your Doctor

IF no link to *affected areas* or *travelers* from affected areas, but you are mildly sick with flu-like symptoms – STAY HOME and recover, unless you have the following worrisome

WARNING SIGNS:

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Common Sense Precautions Include

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.
- Use paper tissues when wiping or blowing your nose; throw tissues away after each use.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home and avoid contact with other people to protect them from catching your illness.

410-767-6742 ☎ Fax 410-333-5995

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