



NEW MEXICO HEALTH UPDATE – H1N1 Virus Update

The Centers for Disease Control and Prevention (CDC) confirmed that there are 279 confirmed cases of Influenza A (H1N1) in the United States from 36 states. There has been one fatal case in Texas.

The World Health Organization raised the worldwide pandemic alert level to Phase 5 which is characterized by human-to-human spread of the virus into at least two countries in one region. While most countries will not be affected at this stage, the declaration of Phase 5 is a strong signal that a pandemic is imminent.

New Mexico is now reporting three confirmed case and 12 probable cases.

Number of confirmed cases in NM: 3

Valencia County: 18-year-old male - recovered

Socorro County: 14-year-old female - recovering, 15-year-old male - recovered

Number of probable cases in NM: 12

Valencia County: 15-year-old female - recovered

Eddy County: 17-year-old female - recovering, 22-year-old female - recovering, 24-year-old female - recovering, 7-year-old male - recovering, 39-year-old-male - recovering

Hidalgo County: 17-year-old male -recovering, 15-year-old female - status unknown, 9-year-old male - status unknown, 5-year-old female - status unknown

Luna County: 11-year-old female - recovering

Bernalillo County: 27-year-old male - recovering

Number of cumulative samples received at the Scientific Laboratory

Division (SLD): 214

Number of cumulative samples tested so far at SLD: 166

SCHOOL CLOSURES: The New Mexico Department of Health and the New Mexico Public Education Department announced today that La Promesa Elementary School in Belen Consolidated Schools will close May 5 through May 11 due to a probable case of H1N1 influenza. Yesterday, the departments announced that Carlsbad High School, Deming Intermediate School, all public schools in the Socorro Consolidated School District including Cottonwood Valley Charter School in Socorro and all public schools in the Lordsburg Municipal School District would close May 4 through May 10 due to probable cases of H1N1 influenza. These are probable cases that the Department of Health is already investigating.

The school closings will include the cancellation of all athletic and academic competitions, practices and extra-curricular activities. Child care programs and after school programs that are located on public or charter school properties will also be closed for the next week. Parents should keep their children at home and not allow them to congregate with other students to keep the possible spread of illness to a minimum. The closures will affect 14 schools.

The decision to close the schools was based on probable cases of H1N1 influenza cases and guidelines from the U.S. Centers for Disease Control and Prevention..

ONGOING HEIGHTENED SURVEILLANCE FOR POSSIBLE INFLUENZA A (H1N1) IN NEW MEXICO (May 1, 2009)

- The state laboratory will no longer be accepting diagnostic specimens from patients who are not hospitalized with ILI, with the exception of our designated sentinel provider sites. Providers who still wish to test their patients can send samples to their regular commercial laboratory.

Samples will be accepted from the following:

- **HOSPITALIZED PATIENTS:** Until otherwise notified, we ask that specimens be collected (see below) from patients who have acute febrile respiratory illness (defined as influenza-like illness [ILI] in New Mexico) and are hospitalized in New Mexico with suspect or confirmed influenza.
 - **INFLUENZA-LIKE ILLNESS DEFINITION (ILI):** Fever greater or equal to 37.8 degrees C (100 degrees F), oral or equivalent, AND a cough and/or sore throat in absence of a known cause other than influenza.
- **INFLUENZA SENTINEL PROVIDERS:** We also ask that influenza sentinel surveillance providers in New Mexico collect specimens from outpatients who meet the definition for influenza-like illness above.

We ask that you collect a nasopharyngeal swab for viral culture and call the Epidemiology and Response Division epidemiologist on-call at 505-827-0006.

Persons with acute febrile respiratory illness should stay at home and away from work, school and public gatherings to avoid spreading infections (including influenza and other respiratory illnesses) to others in their communities. In addition, frequent hand washing can lessen the spread of respiratory illness. If your condition worsens or you have questions about your illness, please contact your health care provider.

SPECIMEN COLLECTION: Please collect up to 2 (one for your in-house rapid testing and one for the state lab culture) nasopharyngeal swab from each patient with ILI, placing the swab in a standard container with 2-3 ml of viral transport media. If the patient is hospitalized with pneumonia, specimens from the lower respiratory tract (e.g., tracheal aspirate, bronchoalveolar lavage) should also be obtained. Specimens should be collected within the first 24-72 hours of onset of symptoms and no later than 5 days after onset of symptoms.

Specimens should be shipped to: Scientific Laboratory Division, 700 Camino De Salud NE Albuquerque, NM 87106 (505) 841-2500.

SPECIMEN STORAGE: The specimens should be kept refrigerated at 4 degrees C and sent on cold packs if they can be received by the Scientific Lab Division (State PH lab) within 72 hours of the collection date. If samples will not be received by the laboratory within 72 hours of collection, they must be frozen at -70 degrees C or below and shipped on dry ice.

NEW MEXICO DEPARTMENT OF HEALTH INTERIM GUIDANCE

A. Interim Guidelines for Prioritization of Uses of the New Mexico Stockpile of Antiviral Medications (May 4, 2009)

New Mexico has confirmed only three cases of Influenza A (H1N1). However, given the rapidly changing picture of this outbreak and the occurrence of Influenza A (H1N1) in multiple other states in the U.S. and other countries, the New Mexico Department of Health has developed the following guidelines for use of antiviral medication in the state stockpile. Since the demand for antiviral medications for treating influenza may be greater than the available supply at some point in the future, it is prudent that our state stockpile and the pending release of the federal Strategic National Stockpile (SNS) be used in a manner that will conserve available supply.

1. The majority of state stockpiled antiviral medications will be used for treatment of Influenza A (H1N1) cases.
2. The highest priority for use of antiviral medications in the state stockpile will be for treatment of hospitalized Influenza A (H1N1) cases and cases at higher risk for influenza complications* within 48 hours of onset of illness.
3. Antiviral medications may not be needed for treatment of mild Influenza A (H1N1) cases that are not at higher risk for complications of influenza.
4. A smaller amount of state stockpiled antiviral medications will be available for post-exposure chemoprophylaxis using interim CDC guidelines for groups recommended for prophylaxis following exposure to an Influenza A (H1N1) case.
5. At this time antiviral medications from the state stockpile will not be used for pre-exposure chemoprophylaxis.
6. The NM DOH will determine Influenza A (H1N1) case and close contact classifications. Medical providers are urged to call the Epidemiology and Response Division (827-0006) to assist in the diagnosis and confirmation of Influenza A (H1N1) in patients that providers believe may have been exposed to Influenza A (H1N1) influenza and are exhibiting signs and symptoms consistent with influenza.

***GROUPS CONSIDERED AT INCREASED RISK FOR COMPLICATIONS OF INFLUENZA INFECTION:**

- Infants aged less than 60 months (less than 5 years)
- Pregnant women
- Chronic pulmonary disease (including asthma)
- Hemodynamically significant cardiac disease (not hypertension)
- Immunocompromised (including immunosuppression caused by medications or HIV infection)
- Sickle cell anemia and other hemoglobinopathies
- Those on long-term aspirin therapy
- Chronic renal dysfunction
- Chronic metabolic disease, such as diabetes mellitus
- Neuromuscular disorders, seizure disorders, or cognitive dysfunction that may compromise the handling of respiratory secretions
- Adults aged greater than 65 years
- Residents of any age of nursing homes or other long-term care institution

B. Interim Guidelines for Mask and Respirator Use among the General Public in New Mexico (May 4, 2009)

1. Facemasks and respirators are not recommended for the well general public at this time.
2. Persons ill with influenza symptoms should not go out in public. If they must go out in public, such as for a necessary medical appointment, they should wear a facemask, if available.
3. Facemasks can be considered for use by primary caregivers of persons ill with influenza symptoms at home, if available.

These recommendations may change as more information becomes available regarding influenza transmission in your community.

C. Interim Guidelines for Infection Control Providers

New Mexico guidelines for infection control providers can be found on the NMDOH Swine Influenza Resources website under "Information for Providers" at: http://nmhealth.org/FLU/seasonal/swine_flu.html

The guidelines include a Hand Hygiene Etiquette Poster, Swine Flu Infection Control Recommendations, and Urgent Care and Emergency Room Swine Flu Infection Control Recommendations.

CDC GUIDANCE:

Guidance is available from CDC at <http://www.cdc.gov/h1n1flu/guidance/> including:

Guidance for Schools, Colleges and University

- School (K - 12) Dismissal and Childcare Facilities, May 1
- Alert for Institutions of Higher Education, May 1

Guidance for Pregnant and Breastfeeding Women

- Breastfeeding Your Baby: What Parents Should Know, May 2, 8:43 PM ET
- Information for Pregnant Women in Education, Child Care, and Health Care, May 3
- What Pregnant Women Should Know About H1N1 (formerly called swine flu) Virus, May 3

Clinician Guidance for Patients

- Patients With Cardiovascular Disease, May 2, 10:32 PM ET
- Caring for a Sick Person in Your Home, May 1
- Identifying and Caring For Patients, Apr 29
- Infection Control for Patients In a Healthcare Setting, Apr 29

Clinician Guidance for Specific Audiences

- Patients With Cardiovascular Disease, May 2, 10:32 PM ET
- HIV-Infected Adults and Adolescents, Apr 30,
- Pregnant Women, May 1
- Young Children, Apr 28

Screening & Specimen Collection

- Guidelines for the Submission of Tissue Specimens for the Pathologic Evaluation of Influenza Virus Infections, Apr 30
- Case Definitions for Investigations of Cases, Apr 30
- Screening in Regions with Few or No Reported Cases, Apr 29
- Specimen Collection, Processing, and Testing for Suspected

Infection, Apr 29

- Biosafety Guidelines for Lab Workers, May 1

Treatment Guidance

- Antiviral Recommendations, Apr 29
- Facemask and Respirator Use, Apr 27
- Reducing Risks in the Community (Community Mitigation), Apr 26
- Emergency Use Authorization (EUA) of Medical Products, Apr 29
- Patients With Cardiovascular Disease, May 2, 10:32 PM ET

Laboratories

- Use of Rapid Influenza Diagnostic Tests, May 2, 10:00 PM ET
- Protocol for Antiviral Susceptibility Testing by Pyrosequencing, May 1
- Sequencing Primers and Protocol, May 1
- CDC Protocol of Realtime RTPCR for Swine Influenza A (H1N1), May 1

Travel & Travel Industry Guidance

- Guidance for Cruise Ships, May 2, 9:03 PM ET
- Flight Crews Arriving from Affected Areas, Apr 30
- Identifying Passengers Who May Have Swine Influenza, Apr 28

Emergency Personnel Guidance

- EMS and 9-1-1 Personnel: Managing Confirmed or Suspected Infections, Apr 29
- Psychological Support for Essential Workers During a Pandemic, Apr 30

For more information about Influenza A (H1N1): <http://www.cdc.gov/h1n1flu/>

Additional information is also available by calling 1-800-CDC-INFO (1-800-232-4636).

If you have any questions about the information in this update, you can call the Epidemiology and Response Division epidemiologist on-call at 505-827-0006.

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Health alerts are messages from the New Mexico Department of Health that contain important information for responding to a health emergency. Health alerts are sent to health care providers, emergency responders, first responders, and other affiliated professionals.

There are four types of messages that come from the Health Alert Network (HAN):

ALERT: Conveys the highest level of importance; warrants immediate action or attention.

ADVISORY: Provides important information for a specific incident or situation; may not require immediate action.

UPDATE: Provides updated information regarding an incident or situation; unlikely to require immediate action.

TEST: Tests the alerting system technologies, the ability to reach the intended recipients, or provides simulated alerts for exercise purposes.

If you have questions about the Health Alert Network, please contact the HAN at health.alert@cw.nmhealth.org.