

# Maine CDC/DHHS Update on Novel Influenza A (H1N1) Virus

## October 15, 2009

### Increased Flu Activity in Maine and the US

The 2009 novel H1N1 influenza virus is the predominant influenza virus in circulation in most countries worldwide. More than half of this country is seeing widespread influenza, with nearly all of it being the 2009 novel H1N1 influenza strain.

Outpatient visits for influenza like illness (ILI) increased in much of New England. For the 4<sup>th</sup> week in a row, Maine has seen increases in outpatient visits for influenza like illness in emergency departments. Much of this is most likely due to novel H1N1. The vast majority of people with ILI are not being tested, and do not need to be. Proportion of deaths due to pneumonia have also increased, but much of this is most likely due to small overall numbers of deaths last week. There have been no new specific reports of deaths due to H1N1.

There was an outbreak of H1N1 last week at Bates College in Lewiston, with approximately 180 students affected as of October 14<sup>th</sup>. The administration and health staff responded quickly, working with state and local public health providers to vaccinate students this past weekend and this week. Because the vaccine takes 1 – 2 weeks to take full effect, more cases are expected. There have been additional, isolated cases of H1N1 confirmed in several areas of the state, with a continued predominance in children and young adults. Detailed epidemiological influenza data are included later in this update.

### H1N1 Vaccine Arrives in Maine

Approximately 14,800 doses of H1N1 nasal spray vaccine arrived in Maine as of the end of last week. We anticipate another 18,900 doses of H1N1 vaccine arriving this week, both injectable and nasal spray. This additional supply should bring the total to about 33,700 doses in the state by the end of this week. This vaccine is being distributed to almost 400 health care providers thus far, and this number is expected to increase in the coming weeks.

We estimate that Maine will receive about 340,000 doses of various formulations of H1N1 vaccine by early December (although this estimate could change). There are approximately 700,000 people in Maine who are in the high priority groups for receiving vaccine, out of about 1.3 million people total. We will eventually receive enough vaccine to be able to offer it to all Mainers who want it. However, in the meantime, it is important that the vaccine be focused on those in the highest priority groups. A health advisory on this topic was issued October 7<sup>th</sup> and can be found at:

<http://www.maine.gov/tools/whatsnew/attach.php?id=80502&an=2>.

It is important that health care providers who want to have H1N1 vaccine shipped directly to them register as an H1N1 provider and place orders as soon as possible. For more information on how to register, see the section for health care providers at: [www.maine flu.gov](http://www.maine flu.gov).

### Vaccinating Priority Populations

While we anticipate that we will eventually have enough vaccine for everyone, we also need to keep in mind that H1N1 disproportionately affects certain groups of people, and we need to focus on vaccinating these populations first. There are five priority groups for vaccination for the first 3 – 4 months. They are: pregnant women; people who live with or provide care for infants aged less than six months (such as parents, siblings, and daycare providers for young infants); children and young adults aged six months through 24 years; people aged 25 through 64 years who have medical conditions that put them at higher risk for flu-related complications; and health care and emergency medical services personnel.

**However, because of very limited supply, at this point in time, the focus of H1N1 vaccine needs to be on:**

- **pregnant women;**
- **children >6 months old;**
- **household contacts and caregivers of young infants <6 months old;**
- **residential school students;**
- **a few high-risk adults <65 years of age; and**

- **certain health care workers who have direct and frequent contact with high-risk patients and infectious materials – that is, inpatient pediatric, maternity, ICU, and emergency departments (since one of the main reasons for health care workers to be vaccinated is to protect the patients they work with).**

This list means that many people who work in health care settings, first responders, and even those administering vaccine at this point in time will not be vaccinated. Over the next few weeks, this will change, but it is very important to focus the limited vaccine supplies on where it will be most effective, and that is primarily protecting children who are both disproportionately affected by novel H1N1 and are also major transmitters of influenza to others.

Approximately 85% of the doses of H1N1 vaccine available in October are anticipated to be administered to children and youth; with the remaining 15% being split between pregnant women, certain health care workers (as described), and very high priority adults <65 years of age.

**H1N1 Vaccination Distribution by County as of October 16<sup>th</sup>:**

<b>County</b>	<b>Total doses distributed</b>
Androscoggin	2400
Aroostook	1600
Cumberland	12600
Franklin	500
Hancock	1100
Kennebec	2800
Knox	2200
Lincoln	800
Oxford	500
Penobscot	1800
Piscataquis	200
Sagadahoc	100
Somerset	100
Waldo	0
Washington	1500
York	5500

It is important to note that some health care providers receiving vaccine in one county serve patients in other counties. For instance, many people living in Sagadahoc County are served by health care providers in adjacent counties. Additionally, in some counties with a low amount of vaccine, health care providers are in the process of ordering vaccine.

**Seasonal Flu Vaccine Delay**

It appears there will be continued delays in obtaining some pediatric seasonal flu vaccine. Therefore, we recommend that schools which have not yet received their seasonal flu vaccine supplies start preparing for offering H1N1 vaccine, and not necessarily wait until both vaccines are available. Very recent information indicates it may be until late November when all the remaining shipments of our seasonal flu vaccine supply will arrive. Additionally, the predominant virus being seen at this point in time is novel H1N1. It is important to offer children the H1N1 vaccine as soon as possible.

**Online Flu Clinic Calendar**

To locate a clinic, visit [www.maineflu.gov](http://www.maineflu.gov) and click on the “Public Influenza Vaccine Clinic Calendar” link. Information about all public or school clinics with H1N1 vaccine will be listed on this site, and clinics offering just seasonal flu vaccine are also welcome to be posted, as well. If you are a clinic organizer and need help posting a clinic, please email [flu.questions@maine.gov](mailto:flu.questions@maine.gov) for assistance.

At this point in time, there is a very limited supply of H1N1 vaccine in Maine. Therefore, the public clinics listed on this clinic locator are for people in certain very high-risk categories. We suggest you look at the clinic details to determine who the particular clinic is focused on. Over the next several weeks more vaccine will become available, and we expect it to be offered in a number of schools throughout Maine as well in more public clinic settings. All clinics offering H1N1 vaccine that are open to the public (even if only for high priority populations) are required to be posted on this website. We anticipate it may be several weeks before very broad-based public clinics for H1N1 vaccine are available.

## **Maine CDC H1N1 Activities This Past Week**

Calls received by the phone bank.	99
Questions coming into <a href="mailto:flu.questions@maine.gov">flu.questions@maine.gov</a>	58
Hits on all the webpages associated with <a href="http://www.maine flu.gov">www.maine flu.gov</a>	16,597
Lab tests we (HETL at Maine CDC) conducted	158
Lab tests we (HETL) conducted total since April.	4736
Calls coming into the clinical consultation line	65
Maine CDC employees whose jobs do not normally involve anything related to H1N1 who have volunteered with the phone bank and other related efforts	76

### **Maine Care billing update:**

Roster billing instructions are on the MaineCare website, and as providers are enrolling to do this they are receiving personal instructions with their provider number notification. Call MaineCare customer service for details. 1-800-321-5557.

### **NEW U.S. CDC H1N1 Recommendations and Guidance:**

#### **For Health Care Providers – Note new Personal Protection Guidance Now Available**

- **Interim Guidance on Infection Control Measures for 2009 H1N1 Influenza in Healthcare Settings, Including Protection of Healthcare Personnel** [http://www.cdc.gov/h1n1flu/guidelines\\_infection\\_control.htm](http://www.cdc.gov/h1n1flu/guidelines_infection_control.htm)
- **Questions & Answers Regarding Respiratory Protection for Infection Control Measures for 2009 H1N1 Influenza among Healthcare Personnel** [http://www.cdc.gov/h1n1flu/guidelines\\_infection\\_control\\_qa.htm](http://www.cdc.gov/h1n1flu/guidelines_infection_control_qa.htm)
- **Interim Guidance for Influenza Surveillance: Prioritizing RT-PCR Testing in Laboratories:** <http://www.cdc.gov/h1n1flu/screening.htm>
- **NIH Launches 2009 H1N1 Influenza Vaccine Trials in HIV-Infected Pregnant Women:** <http://www3.niaid.nih.gov/news/newsreleases/2009/H1N1HIVTrials.htm>
- **MMWR: Update on Influenza A (H1N1) 2009 Monovalent Vaccines:** <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5839a3.htm>
- **Updated: H1N1 Clinicians Questions and Answers:** [http://www.cdc.gov/h1n1flu/vaccination/clinicians\\_qa.htm](http://www.cdc.gov/h1n1flu/vaccination/clinicians_qa.htm)

#### **For the Public**

- **2009 H1N1 and Seasonal Flu: What You Should Know and Do this Flu Season If You Are 65 Years and Older:** <http://www.cdc.gov/h1n1flu/65andolder.htm>
- **What You Should Know about Flu Antiviral Drugs:** [http://www.cdc.gov/flu/freeresources/2009-10/pdf/Antiviral\\_H1N1\\_factsheet.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/Antiviral_H1N1_factsheet.pdf)
- **WHO Updates International H1N1 Situation:** <http://www.cdc.gov/h1n1flu/updates/international/>
- **CDC Press Release: Flu Widespread in 37 states; 3.7 Million Vaccine Doses Ordered by the States:** <http://www.flu.gov/news/blogs/vaccinedoses.html>
- **Weekly FluView Map and Surveillance Report for the Week Ending October 3, 2009:** <http://www.cdc.gov/h1n1flu/update.htm>
- **H1N1 and Seasonal Flu: What You Should Know About Flu Antiviral Drugs:** <http://www.cdc.gov/h1n1flu/antivirals/geninfo.htm>
- **Podcast: Take 3 Actions to Fight Flu:** <http://www2c.cdc.gov/podcasts/player.asp?f=102172>
- **People at High Risk of Developing Flu-Related Complications:** <http://www.cdc.gov/h1n1flu/highrisk.htm>

### **Frequently Asked Questions** (find more detailed answers at [www.maine flu.gov](http://www.maine flu.gov)):

- **Is the H1N1 vaccine safe?**  
The benefits of immunization outweigh the risks. All vaccines, including the H1N1 vaccine, are held to the highest standard of safety and are continually monitored. Each year, millions of Americans safely receive seasonal flu vaccines. The H1N1 vaccine is made the same way as seasonal flu vaccine by the same companies that make seasonal flu vaccine. The NIH has conducted clinical trials for the H1N1 vaccine. The vaccine has been tested and safely used in children, pregnant woman, and adults.
- **Why should I get vaccinated against H1N1?**  
The H1N1 vaccine can prevent serious illness or even death, particularly for those who seem most vulnerable to the H1N1 flu. Not getting vaccinated could result in disease or putting others, such as babies or people with cancer, at serious risk for illness. If you care for a young baby it's important that you get vaccinated so you can protect them.
- **Isn't H1N1 (or "Swine flu") a mild illness?**

Unfortunately, H1N1 is not always mild, and is disproportionately affecting pregnant women, children and young adults. About one-third of pregnant women with H1N1 are severely enough affected they need to be hospitalized.

- **Will one vaccine cover both kinds of flu?**

There are essentially two flues, seasonal flu and H1N1 circulating this year. Protecting against the two flues requires two vaccinations. Seasonal flu vaccine is currently available in many places. The H1N1 flu requires a separate vaccination that is starting to come into the state.

- **Can seasonal influenza vaccine and H1N1 vaccine be given at the same visit?**

Yes. However, both the nasal forms of the vaccine cannot be given at the same time. If both the nasal forms are to be given, then they should be separate by a minimum of 4 weeks. The injectable forms of the seasonal and H1N1 vaccine can be given at the same time (different anatomical locations), and a nasal vaccine of one and an injectable vaccine of the other can be given at the same time.

- **Can H1N1 vaccine be administered at the same visit as other vaccines?**

Inactivated H1N1 vaccine can be administered at the same visit as any other vaccine, including pneumococcal polysaccharide vaccine. Live H1N1 vaccine can be administered at the same visit as any other live or inactivated vaccine EXCEPT seasonal live attenuated influenza vaccine.

- **Will the H1N1 vaccine be recommended for patients who had influenza-like illness since spring 2009?** Yes.

- **Does the H1N1 vaccine contain adjuvants such as squalene or aluminum?** No.

- **Is the H1N1 vaccine mandatory?** No.

- **Does the H1N1 vaccine contain thimerosal?** The multi-dose vials of H1N1 vaccine contain a very small amount of thimerosal in order to prevent bacterial contamination. The single-dose syringes and nasal spray do not contain thimerosal. These thimerosal-free formulations are expected to represent about one-third of the H1N1 vaccine supply distributed in the next 3 months. This thimerosal-free vaccine is primarily being distributed to settings where pregnant women and young children are offered vaccine.

- **Why does the seasonal flu vaccine list “H1N1” on it but does not protect against the H1N1 pandemic?** The seasonal flu vaccine protects against three major strains of influenza virus, including a seasonal (“regular”) strain of H1N1 influenza. However, protection against this seasonal strain of H1N1 does not protect you against the 2009 pandemic strain of H1N1.

### How to Stay Updated

- **Weekly Updates:** Check the Thursday morning updates on H1N1 in Maine on Maine CDC’s H1N1 website. Now available as an RSS feed (midway down the center of the homepage): <http://www.maine flu.gov/>

- **Health Alert Network:** Sign up to receive urgent updates from Maine CDC’s Health Alert Network (HAN). The easiest and quickest way is to sign up is through the HAN Alert RSS feed at [www.maine public health.gov](http://www.maine public health.gov) (midway down the center of the homepage).

- **Follow Maine CDC’s Updates:**

- **Facebook** (search for “Maine CDC”)
- **Twitter** (<http://twitter.com/MEPublicHealth>)
- **MySpace** ([www.myspace.com/maine public health](http://www.myspace.com/maine public health))
- **Maine CDC’s Blog** (<http://maine public health.blogspot.com>)

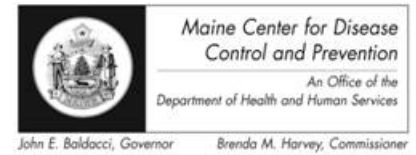
- **H1N1 Conference Calls:** Maine CDC will be holding conference calls on a variety of topics related to H1N1 over the coming weeks. The next call will be held **Monday October 19<sup>th</sup> from noon to 1 pm** to update interested stakeholders on H1N1 vaccine efforts as well as to answer any questions. To participate, call 1-800-914-3396 and enter pass code 473623#.

### Call or Email Us:

- For clinical consultation, outbreak management guidance, and reporting of an outbreak of H1N1 call Maine CDC’s toll free 24-hour phone line at: 1-800-821-5821.
- General Public Call-in Number for Questions: 1-888-257-0990  
NextTalk (deaf/hard of hearing) - (207) 629-5751  
Monday - Friday 9 a.m. – 5 p.m.
- Email your questions to: [flu.questions@maine.gov](mailto:flu.questions@maine.gov)

# Maine Weekly Influenza Surveillance Report

October 14, 2009

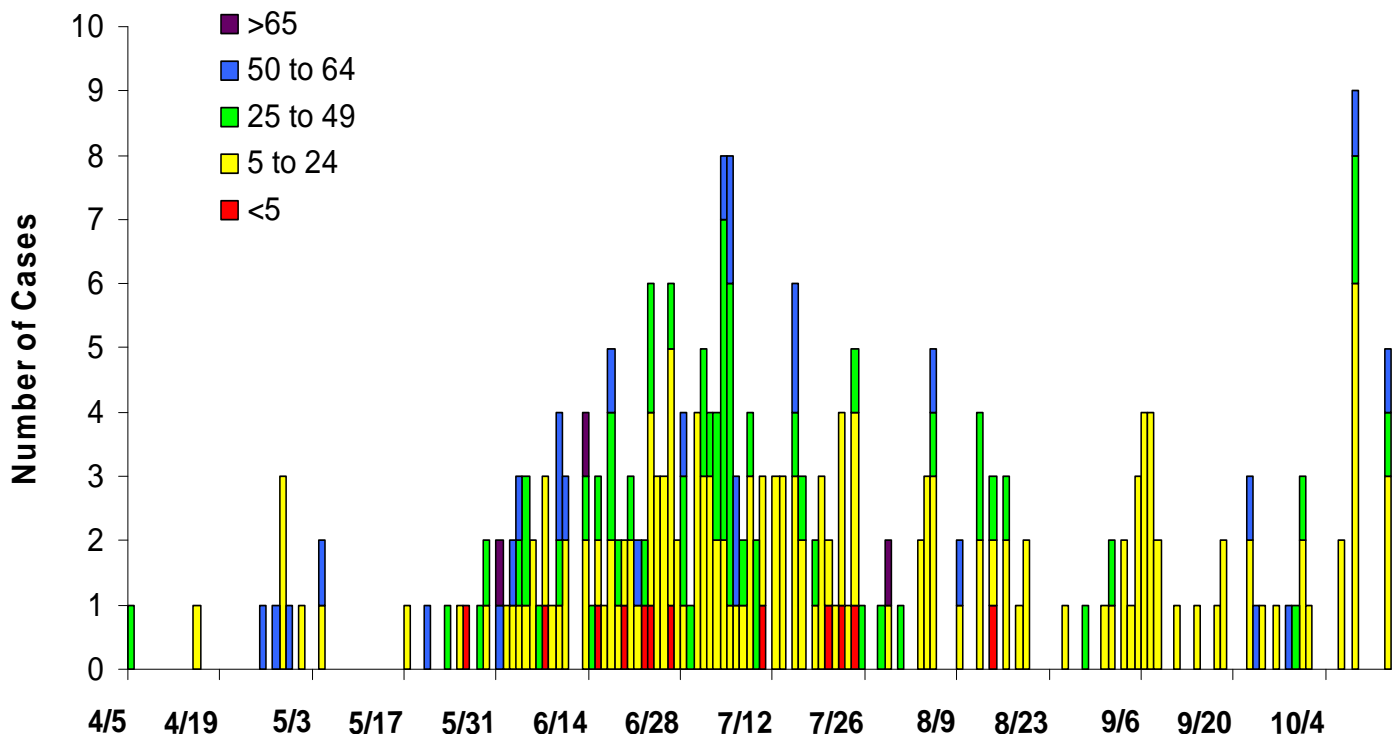


- 415 confirmed and probable cases of H1N1 total to date
  - 258 in Maine residents
    - 15 Maine residents have been hospitalized
  - 157 in out of state residents tested in Maine
    - 5 Out of state residents have been hospitalized in Maine
- 1 death reported to date
- 91% of lab confirmed H1N1 cases in Maine residents and out of state visitors are under the age of 50 (range 0-81 years, mean of 22 years)

Characteristics of Lab Confirmed H1N1 Influenza Cases - Maine Residents, 2009

Age			Gender		At Risk		Hospital Care				Deaths	
Age group	N	%	Male	Female	HCW	Pregnant	Hospitalized	%	ICU	Ventilated	N	%
<5	12	5	8	4	0	0	1	8	0	0	0	0
5 to 24	154	60	76	78	4	0	4	3	0	1	0	0
25 to 49	62	24	25	37	12	2	5	8	1	1	0	0
50 to 64	28	11	15	13	5	0	4	14	2	2	1	3.6
>65	2	1	0	2	0	0	1	50	0	0	0	0
<b>Total</b>	<b>258</b>	<b>~</b>	<b>124 (48%)</b>	<b>134 (52%)</b>	<b>21</b>	<b>2</b>	<b>15</b>	<b>6</b>	<b>3</b>	<b>4</b>	<b>1</b>	<b>0.4</b>

Confirmed Cases of H1N1 Influenza in Maine Residents, by Onset Date and Age Group 10/14/2009



**Lab confirmed H1N1 Influenza Cases by County – Maine Residents and Out of State Visitors, 2009**

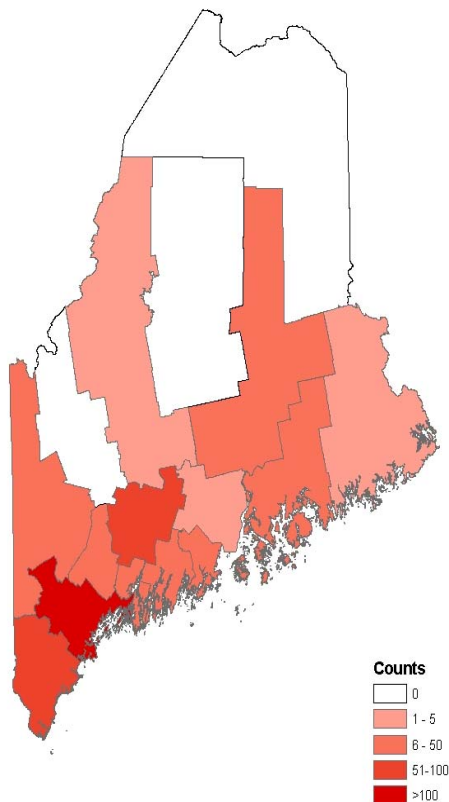
County	Maine Residents	Out of State	Total
Androscoggin	28	9	37
Aroostook	0	0	0
Cumberland	104	63	167
Franklin	0	0	0
Hancock	6	2	8
Kennebec	17	38	55
Knox	3	8	11
Lincoln	11	4	15
Oxford	10	8	18
Penobscot	21	4	25
Piscataquis	0	0	0
Sagadahoc	9	0	9
Somerset	1	2	3
Waldo	1	1	2
Washington	1	0	1
York	46	18	64
<b>Total</b>	<b>258</b>	<b>157</b>	<b>415</b>

Out of state cases are classified by the area in which they are staying (if a summer resident/camper) or the area in which they were tested

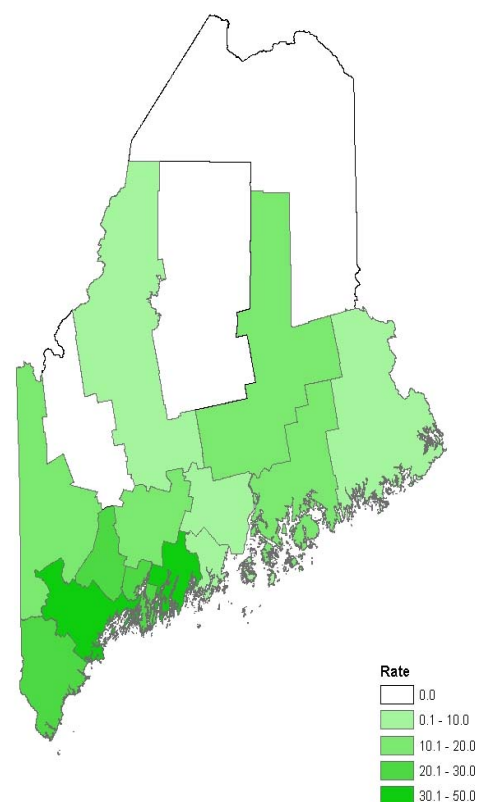
**Institutional Settings with Lab Confirmed H1N1, by County - Maine, 2009**

County	School/Day Care	Acute Care	Cong. Living	Camp
Androscoggin	2	0	0	6
Aroostook	0	0	0	0
Cumberland	2	0	2	14
Franklin	0	0	0	0
Hancock	0	0	0	0
Kennebec	0	0	0	9
Knox	0	0	0	4
Lincoln	2	0	0	1
Oxford	1	0	0	3
Penobscot	2	0	0	0
Piscataquis	0	0	0	0
Sagadahoc	0	0	0	0
Somerset	0	0	0	1
Waldo	0	0	1	0
Washington	0	0	0	0
York	0	1	0	2
<b>Total</b>	<b>9</b>	<b>1</b>	<b>3</b>	<b>40</b>

**Lab Confirmed H1N1, by County – Maine Residents and Out of State Visitors, 2009**

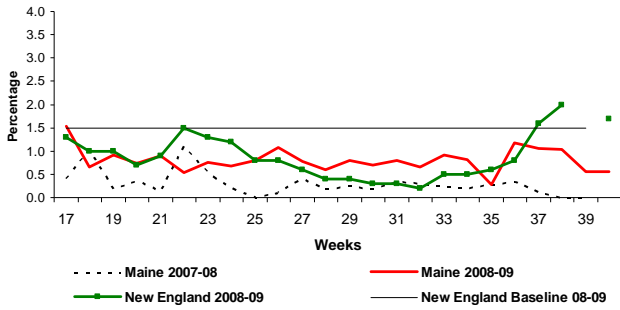


**Rate of Lab Confirmed H1N1 Infection per 100,000 People, by County - Maine Residents, 2009**

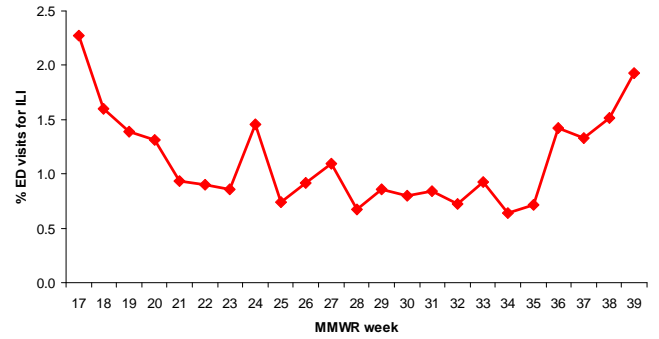


# Surveillance Information

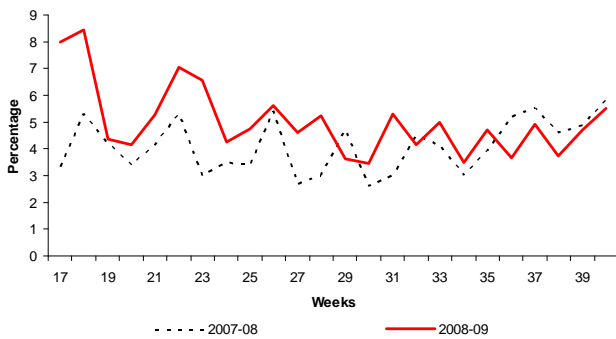
Outpatient Visits for Influenza-like Illness – Maine, 2007-09



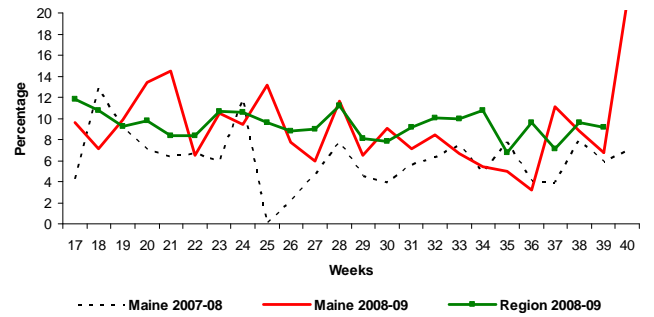
Emergency Department Visits for ILI at Eight Hospitals – Maine, 2009



Hospital Admissions Due to Pneumonia or Influenza – Maine, 2007-09



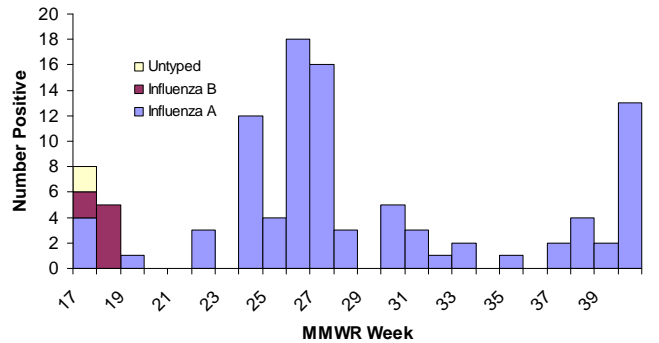
Percentage of Deaths Attributable to Pneumonia or Influenza – Maine, 2007-09



# Lab Data

- 4,836 influenza tests have been performed since April 27, 2009
  - 8.2% of tests have been positive for H1N1

Positive Rapid Influenza Tests – Maine, 2009



Respiratory Specimens Positive for Influenza from HETL – Maine, 2009

