



Regional Resource Center for  
Public Health Emergency Preparedness

# Weekly H1N1 Influenza (Swine Flu) Situation Update

October 30, 2009

## About this Weekly Update

This publication will be released weekly throughout fall 2009 and early winter 2010 to assist healthcare and emergency medical services organizations and personnel in preparing for and responding to Novel H1N1 Influenza (Swine Flu) in Southern Maine.

Each update will contain:

- Influenza surveillance data for U.S. and Maine
- Important dates of upcoming meetings, conference calls, and trainings
- Updated news and guidance regarding vaccination, testing, reporting, treatment, personal protection, etc.
- Strategies to keep you informed

Remember that the best ways to protect yourself from flu are:

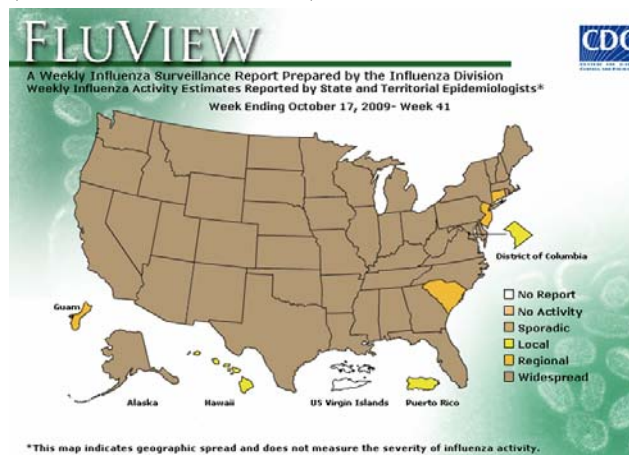
- **WASH** your hands
- **COVER** your cough
- **STAY HOME** if you're sick
- **GET VACCINATED**

View all *SMRRC H1N1 Influenza (Swine Flu) Situation Updates* (including archives) at: [www.smrrc.org](http://www.smrrc.org)

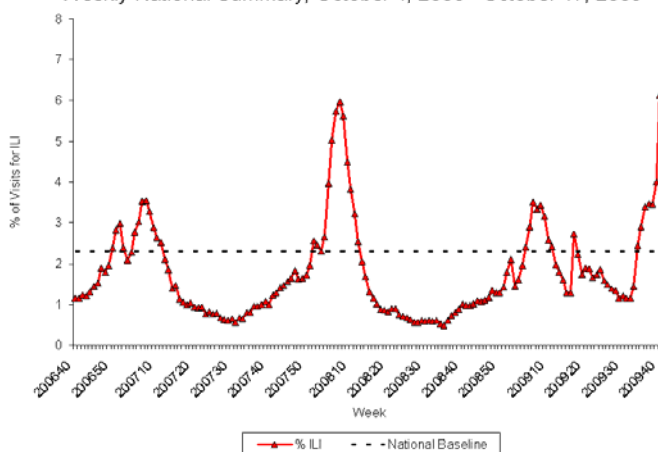
## Surveillance

### National

During the week of October 18-24, 2009, influenza activity continued to increase in the United States as reported in FluView. Flu activity is now widespread in 48 states. Nationally, visits to doctors for influenza-like-illness continue to increase steeply and are now higher than what is seen at the peak of many regular flu seasons. In addition, flu-related hospitalizations and deaths continue to go up nation-wide and are above what is expected for this time of year. The 2009 novel H1N1 influenza A virus is the predominant influenza virus in circulation in most countries worldwide. These viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs oseltamivir and zanamivir with rare exception. (Source: US CDC, 10/30/09)



Percentage of Visits for Influenza-like Illness (ILI) Reported by the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), Weekly National Summary, October 1, 2006 - October 17, 2009



### Maine

The 2009 H1N1 flu is now widespread in Maine, as it is in nearly all U.S. states. “In the past week, there were two new hospitalizations for H1N1 flu in Maine; both patients have been discharged and are recovering. Maine continues to see overall increases in outpatient visits for influenza-like illness; much of this is most likely due to H1N1. The vast majority of people with ILI are not being tested, and do not need to be. People with confirmed H1N1 are primarily children and young adults. In the past week, nine new outbreaks of H1N1 were reported in school settings in Maine.”

(Source: Maine DHHS/MCDC, 10/29/09)

Maine CDC reports 604 confirmed and probable cases of H1N1 since 4/27/09

- 436 in Maine residents; 18 Maine residents have been hospitalized
- 168 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 21 years)

New This Week in Maine

- Federal Flu Code: Widespread
- 118 new confirmed and probable cases of H1N1
  - 111 in Maine residents
  - 6 in out of state residents tested in Maine
- 2 new hospitalizations reported: 1 from Kennebec and 1 from Somerset
  - Both hospitalized patients have been discharged and are recovering
- 9 new outbreaks reported, all in school settings. 1 residential school from Somerset, 3 K-12 schools from Lincoln, 2 K-12 schools from Kennebec, 1 K-12 school from Penobscot and 1 K-12 school from Cumberland
- The first case of H1N1 in Piscataquis county was reported in an out of state resident who was tested in Maine

#### 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	27	6	17	10	0	0	2	7	0	0	0	0
5 to 18	199	46	100	99	1	0	2	1	0	1	0	0
19 to 24	76	17	32	44	4	0	3	4	0	0	0	0
25 to 49	94	22	36	58	16	2	6	6	1	1	0	0
50 to 64	38	9	18	20	6	0	4	11	2	2	1	2.6
>65	2	0	0	2	0	0	1	50	0	0	0	0
<b>Total</b>	<b>436</b>	<b>~</b>	<b>203 (47%)</b>	<b>233 (53%)</b>	<b>27</b>	<b>2</b>	<b>18</b>	<b>4</b>	<b>3</b>	<b>4</b>	<b>1</b>	<b>0.2</b>

(Source: Maine DHHS/MCDC, 10/28/09)

For more information on influenza disease activity, visit: [www.cdc.gov/h1n1flu/update.htm](http://www.cdc.gov/h1n1flu/update.htm) (US); and [www.mainflu.gov](http://www.mainflu.gov) (ME)

#### Important Dates

- Monday, October 26, 2009: 12:00-1:00 Maine CDC H1N1 Conference Call: This is a time to receive H1N1 updates from Dr. Dora Mills and participate in question and answer session. Conference call: 1-800-914-3396 passcode 473623
- Monday, November 2, 2009: 12:00-1:00 Maine CDC H1N1 Conference Call: This is a time to receive H1N1 updates from Dr. Dora Mills and participate in question and answer session. Conference call: 1-800-914-3396 passcode 473623

#### Updated News and Guidance

*2009-2010 Influenza Season Triage Algorithm for Children (≤18 years) With Influenza-Like Illness:*  
<http://www.cdc.gov/h1n1flu/clinicians/pdf/childalgorithm2.pdf>

*2009-2010 Influenza Season Triage Algorithm for Adults (older than 18 years of age) With Influenza-Like Illness:*  
<http://www.cdc.gov/h1n1flu/clinicians/pdf/adultalgorithm.pdf>

**New!** Antiviral Treatment Options, including Intravenous **Peramivir**, for Treatment of Influenza in Hospitalized Patients for the 2009-2010 Season. Available at: [http://www.cdc.gov/h1n1flu/EUA/peramivir\\_recommendations.htm](http://www.cdc.gov/h1n1flu/EUA/peramivir_recommendations.htm)

Important reminder from Dr. Dora Mills: Please make sure that the H1N1 vaccine in **pre-filled syringes** arriving at hospitals and obstetrical practices is prioritized for **pregnant women**. Also, **pregnant women working in healthcare settings** should receive vaccination as soon as possible. Healthcare employee vaccination campaigns should prioritize these women and/or help direct them to locations where they can receive it.

The American Medical Association (AMA) has developed a comprehensive **web-based flu health-assessment program:** [www.AMAFluHelp.org](http://www.AMAFluHelp.org) for consumers and healthcare professionals with helpful self-assessment and personalized guidance on H1N1 and seasonal influenza. This free flu web site allows patients to assess symptoms quickly, interact with their physician, and receive advice on when to return to work.

- Consumer portal: <https://www.amafluhelp.org/Public/Consumer/Home.aspx>
- Professional portal: <https://www.amafluhelp.org/Public/Professional/Home.aspx>

#### 2009 H1N1 Influenza Vaccine Ancillary Supplies Feedback Form

In order to expedite the system to submit feedback about H1N1 ancillary supply kits, CDC has established a NEW online feedback system to receive and collect feedback regarding H1N1 Ancillary Supply Kits. If there are issues with any H1N1 ancillary supply kit products including needles, syringes, sharps containers, or alcohol swabs, please click the link below and provide the requested details: [http://www.surveymonkey.com/s.aspx?sm=Z\\_2fmgbhgfsYMkVyhooOMOWw\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=Z_2fmgbhgfsYMkVyhooOMOWw_3d_3d)

#### Maine CDC Press Releases

10/30/09 H1N1 Influenza is Widespread in Maine, Vaccine Efforts Unprecedented: <http://bit.ly/22YCpY>

10/29/09 Governor Renews Civil Emergency Order to Fight Flu, Facilitate School-Based Vaccinations: <http://bit.ly/4cOaH3>

#### Updated H1N1 Vaccine Supply in Maine

As of October 28, a total of 99,000 doses of vaccine have been distributed across Maine. This represents just 14% of the total amount of vaccine needed for **prioritized populations** in the state. Maine CDC continues to modify its plan for distribution of the vaccine based on **several factors, including current trends in infections, prioritized populations, and the supply available. Every county in the state has received some vaccine, and will continue to receive it as it is available.**

- **Maine CDC is focusing initial doses of vaccine on children and pregnant women because they are the most disproportionately affected by H1N1.** Maine CDC continues to provide vaccine to pediatric providers for very young children, household members of children under six months old, and some high-risk children. The majority of vaccine has been distributed to schools.
- Approximately **12,000 children have been vaccinated with H1N1 this week** through school based clinics. Vaccinating children, who are the major transmitters of flu, provides some protection to the entire community. More information on schools based clinics can be found on the clinic locator at [www.maineclu.gov](http://www.maineclu.gov).
- **As more vaccine arrives in Maine, MCDC will broaden distribution to other high risk groups, including young adults, people with health conditions, and health care and emergency services personnel.** Once the full supply of vaccine has arrived, the CDC plans to offer it to anyone who wants it.
- **Maine CDC is asking that health care providers receiving shipments of H1N1 vaccine make sure it is immediately available to schools (if they are serving as a distribution site for schools), and that in general, pregnant women and children be prioritized. About 90% of the H1N1 vaccine supply arriving in Maine these first few weeks should be directed to pregnant women and children.** Maine CDC also encourages pediatric providers to collaborate with other practitioners who see relatively few pre-schoolers to ensure access to vaccine.

(Source: From summary by MaineHealth, 10/30/09, from Maine CDC, 10/29/09)

#### Seasonal Flu Vaccine Delay

Seasonal flu vaccine supply continues to be delayed in Maine. Both Maine CDC and privately ordered vaccine have been reported delays, and it may be until late November before supplies arrive in Maine. **Currently, the predominant virus is novel H1N1, so it is important to offer children and others at risk the H1N1 vaccine as soon as possible.**

#### Supplies

- The federal SNS stockpiles of antivirals and respirators are expected to be increased in Maine in the near future. This increase supply may help to ease the current restrictions around access to these supplies for local hospitals and other health care providers.
- State supply of antivirals will initially be focused on those patients who are uninsured or unable to afford antiviral medications, primarily in the outpatient setting. Although logistics have not been finalized, the state may distribute antivirals for this population to hospitals, outpatient settings and potentially commercial pharmacies.
- There have been **reports of limited supply lines of surgical masks due to the recent pandemic.** For those settings that rely on these masks for their daily work, it may be **prudent to evaluate current supplies and availability.**

(Summary: MaineHealth, 10/30/09)

### Flu emergency allows regulatory waivers

The President's declaration of a **national emergency** because of the spread of H1N1 opens the door for hospitals to get certain **waivers** to deal with an influx of patients.

The declaration of a national emergency satisfies the second of two conditions needed to provide the Secretary of the Department of Health and Human Services (HHS) with the authority to waive certain Medicare, Medicaid and Children's Health Insurance Program (CHIP) regulatory requirements under Section 1135 of the Social Security Act. The first condition, the declaration of a public health emergency by the HHS Secretary, was satisfied April 26, 2009.

Finally, on Tuesday HHS Secretary Kathleen Sebelius notified Congress of her intent to [waive](#) certain requirements under Section 1135. The declaration is retroactive to Oct. 23.

Under Section 1135, the Secretary may temporarily waive or modify the application of regulatory provisions related to the Medicare conditions of participation or other certification requirements for providers, including Critical Access bed and length of stay requirements; physician participation requirements; pre-approval requirements; state licensure requirements for physicians and other health care professionals (as they apply to Medicare, Medicaid or CHIP payment); certain Emergency Medical Treatment and Labor Act (EMTALA) actions; sanctions under the Stark self-referral prohibition; modification in the deadlines and timetables for performance of required activities, limitations in payments for out-of-network providers under Medicare+Choice and sanctions and penalties for non-compliance with certain provisions of the Health Insurance Portability and Accountability Act (HIPAA).

These waivers under section 1135 of the Social Security Act typically end no later than the end of the emergency period, or 60 days from the date the waiver or modification is first published unless the Secretary of HHS extends the waiver by notice for additional periods of up to 60 days, up to the end of the emergency period. Waivers for HIPAA requirements are limited to a 72-hour period beginning upon implementation of a hospital disaster protocol. Waiver of EMTALA requirements for emergencies that involve a pandemic disease last until the termination of the pandemic-related public health emergency. The 1135 waiver authority applies only to Federal requirements and does not apply to state requirements for licensure or conditions of participation.

To learn more about Section 1135 waivers and what they can do for health care facilities go to the following.

- <http://www.cms.hhs.gov/H1N1/Downloads/RequestingAWaiver101.pdf>
- <http://www.cms.hhs.gov/H1N1/Downloads/AlternativeCareSiteFactSheet.pdf>
- <http://www.flu.gov/professional/federal/h1n1emergency10242009.html>
- <http://www.cms.hhs.gov/H1N1/>

Hospitals and health care systems can now petition their state survey agency or their CMS Regional Office for these waivers either by phone or email. Information justifying the request will be required. Waivers won't be granted in anticipation of a need, the need must already exist. The Northeast Consortium email is [ROPHIDSC@cms.hhs.gov](mailto:ROPHIDSC@cms.hhs.gov). CMS will review and validate 1135 waiver requests using a cross-regional Waiver Validation Team. HHS anticipates that requests will be responded to within three business days. (Source: Maine Hospital Association, 10/30/09)

### Maine Responds Update

The Maine Responds registry now includes 695 verified MDs, DOs, PAs, NPs, and RNs, and 500 EMT-I and EMT-Ps statewide. Maine Responds attended the 10/28 vaccine clinic in Bangor to provide onsite volunteer registration and credential verification. This was the first "road trip" for the program, and was a great opportunity to test our web based immediate verification capacity. Over 35 new volunteers were able to register on the spot, receive immediate verification and begin administering vaccine.

### **Stay Informed**

Maine CDC General Public Call-In Number: 1-888-257-0990 (M-F, 9-5)

Maine CDC Healthcare Provider Disease Reporting and Information Line:

1-800-821-5821 (24/7)

Maine CDC General Influenza Questions: [flu.questions@maine.gov](mailto:flu.questions@maine.gov)

Maine CDC Medical/Clinical Influenza Questions: [disease.reporting@maine.gov](mailto:disease.reporting@maine.gov)

Maine CDC H1N1 Information: [www.maine-flu.gov](http://www.maine-flu.gov) Press Releases: <http://bit.ly/2zSpJC>

U.S. CDC H1N1 Information: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) and [www.flu.gov](http://www.flu.gov)



Remember there is excellent information, guidance, and forms for **Health Care Providers, Clinicians, and EMS**, including a continuously updated FAQ available from Maine CDC at: <http://www.maine.gov/dhhs/boh/maineflu/h1n1/health-care-providers.shtml> and a

**Health Care Provider Toolkit for H1N1 Vaccine Clinics** at:

<http://www.maine.gov/dhhs/boh/maineflu/h1n1/hc-providers/index.shtml>

- More information, including consent forms and billing information, will be found at: [www.maine.gov](http://www.maine.gov)
- **Updated** CDC guidance on H1N1 influenza vaccine including vaccine handling: <http://www.cdc.gov/h1n1flu/vaccination>
- FAQ on H1N1 vaccine safety can be found at: [http://www.cdc.gov/h1n1flu/vaccination/vaccine\\_safety\\_qa.htm](http://www.cdc.gov/h1n1flu/vaccination/vaccine_safety_qa.htm)
- For other questions: Contact the Maine CDCs Immunization Program at 287-3746 or the public information line at 1-888-257-0990; or Email questions at: [flu.questions@maine.gov](mailto:flu.questions@maine.gov)

## **Publisher**

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