



**COUNTY OF ORANGE
HEALTH CARE AGENCY**

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**PUBLIC HEALTH
EPIDEMIOLOGY & ASSESSMENT**

This information should be reviewed and shared with your patients with suspect, confirmed or probable novel H1N1 flu.

1. Patients with suspect, probable, or confirmed novel H1N1 influenza should stay home and avoid close contact with others for at least 7 days after onset of symptoms or 24 hours after symptoms resolve, whichever is longer.
2. The following persons are considered at increased risk for severe influenza or complications:
 - Children less than 5 years old (especially those less than 2 years old);
 - Persons aged 65 years or older;
 - Children and adolescents (less than 18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection;
 - Pregnant women;
 - Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders;
 - Adults and children who have immunosuppression (including immunosuppression caused by medications or by HIV);
 - Residents of nursing homes and other chronic-care facilities.
3. Antiviral treatment [oseltamivir (Tamiflu®) or zanamivir (Relenza®)] is recommended for:
 - All hospitalized patients with confirmed, probable or suspected novel influenza (H1N1).
 - Patients who are at higher risk for influenza complications (see above #2) and have confirmed, probable, or suspected novel influenza H1N1.
 - Antiviral therapy should be started as soon as possible after symptoms start and is most effective when started in the first 48 hours. However, benefit after 48 hours has been seen in hospitalized patients with seasonal influenza.
 - Duration of treatment is five days.
 - Dosing is the same as for seasonal influenza (see <http://www.cdc.gov/h1n1flu/recommendations.htm#table1>). Dosing for children <1 year of age is also available on that webpage.
4. Household and intimate contacts* should be instructed to self monitor for symptoms for 7 days after the last contact with the case while the case was infectious, i.e. up to 7 days after the case's onset or until the case's symptoms resolve. Contacts who become ill should stay home as in #1.
5. Household and intimate contacts in any of the risk groups above in #2 are recommended to receive antiviral prophylaxis with [oseltamivir (Tamiflu®) or zanamivir (Relenza®)] if it is within 7 days of the last contact with the case while the case was infectious.
 - Duration for antiviral prophylaxis is 10 days after the last exposure to the case while infectious (see above #4).
 - Dosing is the same as for seasonal influenza (see <http://www.cdc.gov/h1n1flu/recommendations.htm#table1>). Dosing for children <1 year of age is also available on that webpage.

* Household contacts are defined as anyone who stayed overnight in the household at least one night during the case's infectious period. Intimate contacts include sexual contacts or any persons with close enough contact to exchange saliva or other bodily fluids.

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