

The first case of the novel H1N1 influenza strain was confirmed in Arizona on April 29, 2009.

**Clinical Presentation:** symptoms alone cannot distinguish the novel H1N1 influenza strain from seasonal influenza.

### **Clinician Testing for Swine Flu**

To ensure sufficient laboratory resources are available, please focus testing on the most severely ill and those most likely to have complications. **The State Public Health Laboratory will only test specimens from hospitalized patients for the novel H1N1 strain.** If you elect to test a non-hospitalized patient for influenza, please send the specimen to the clinician's usual reference laboratory. Reference laboratories will be able to test for influenza A and B but may not be able to differentiate the novel strain from seasonal influenza.

### **Recommendations**

- Test patients for influenza who are **hospitalized, including those with severe, unexplained, febrile respiratory illness** (e.g., pneumonia, acute respiratory distress syndrome, respiratory distress).
- Consider routine influenza testing for patients with influenza-like illness (defined as fever [ $>100^{\circ}\text{F}$  ( $37.8^{\circ}\text{C}$ )] and cough and/or sore throat in the absence of a known cause) who meet one or more of the following criteria:
  - Patients with underlying chronic conditions
  - Pregnant patients
  - Patients  $\geq 65$  years and  $< 2$  years of age
  - Patients for whom test results would affect clinical decision-making
- We DO NOT recommend influenza testing for persons with mild illness
- Clinician labs may conduct rapid test screening for influenza A. It is NOT necessary to use BSL-2 safety precautions as previously reported to perform screening testing.

### **Directions for Sending Specimens to the State Public Health Laboratory**

- If a **hospitalized patient** tests positive for influenza A on rapid test
  - The hospital's laboratory should forward the nasopharyngeal swabs (polyester) or nasal wash specimen in a universal viral transport medium (e.g. Hanks medium) to the Arizona State Public Health Laboratory (ASPHL).
  - **Specimens must be accompanied by an ASPHL specimen submission form** completed by the clinician in a separate (but attached) bag from the specimen. The specimen submission form can be found at the following link:  
<http://www.azdhs.gov/lab/micro/submissionform3.pdf>
  - **The Arizona State Laboratory will NOT accept specimens from non-hospitalized patients.**

### **Treatment & Prophylaxis**

- Severely ill patients and patients at high risk for influenza complications should receive priority for antiviral treatment.
- The U.S. novel H1N1 influenza isolates are sensitive to oseltamivir and zanamivir, and resistant to amantadine and rimantadine.

- The adult treatment dose for oseltamivir is 75 mg twice a day for 5 days.
- Zanamivir treatment dosage is two puffs twice a day for 5 days.
- For further information on treatment and chemoprophylaxis, please refer to <http://www.cdc.gov/h1n1flu/recommendations.htm>
- For further information on treatment of pregnant patients, please refer to [http://www.azdhs.gov/flu/swine/pdfs/providers/swineflu\\_preg.pdf](http://www.azdhs.gov/flu/swine/pdfs/providers/swineflu_preg.pdf)
- For further information on treatment of children, please refer to <http://www.cdc.gov/h1n1flu/childrentreatment.htm>
- For a summary of CDC recommendations on the treatment of pregnant patients and children, please refer to [http://www.azdhs.gov/flu/swine/pdfs/providers/swineflu\\_preg.pdf](http://www.azdhs.gov/flu/swine/pdfs/providers/swineflu_preg.pdf)

### **Interim Infection Control Recommendations for Health Care Workers (HCWs)**

**For all patients with a febrile respiratory illness** (i.e., not just suspect or confirmed cases of H1N1):

- Practice good hand hygiene (patient and staff)
- Practice good respiratory hygiene (patient and staff)
- Practice standard precautions (i.e., treat all body-fluids as potentially infectious, including stool; wear gown, gloves, mask and eye-protection if risk of contact or splash)
- Wear surgical mask within 6 feet of a patient with a febrile respiratory illness.
- **Wear an N-95 respirator** (fit-tested) or PAPR; eye-protection (face-shield or goggles); gown and gloves (all persons in the room) **IF conducting aerosol-generating medical procedures**
- Patients with influenza-like illness should be instructed to stay out of school or work for 7 days **AND** at least 24 hours after symptoms resolve.
- See detailed interim infection control recommendations at the following links: [http://www.cdc.gov/h1n1flu/guidelines\\_infection\\_control.htm](http://www.cdc.gov/h1n1flu/guidelines_infection_control.htm) and <http://www.azdhs.gov/flu/swine/pdfs/providers/AZSpecificInfectionControlGuidelines.pdf>

**Resources** – continue to check for updates at

**CDC Swine Influenza Site:** <http://www.cdc.gov/h1n1flu/>

**ADHS Swine Influenza Site:** <http://www.azdhs.gov/flu/swine/index.htm>