

**Seasonal / H1N1 (swine flu) TOOL SHEET - ADULT****CDC GUIDANCE & DEFINITIONS for Seasonal Flu and Novel H1N1**

Confirmed Case	Probable Case
<b>Diagnosis of:</b> influenza – like illness	<b>Diagnosis of:</b> influenza – like illness
<b>LAB:</b> confirmed novel influenza A (H1N1) virus infection by the CDC: - real-time RT-PCR - viral culture	<b>LAB:</b> pos flu A but neg for H1 & H3 - RT-PCR
<b>Suspected Case (optional)</b>	
<b>Diagnosis of:</b> person doesn't meet the confirmed or probable case, and not novel H1N1 test negative, and is/has: - < 65yrs hospitalized for influenza – like illness <b>OR</b> - influenza – like illness and lives in state without confirmed cases, but has traveled to a state or country with confirmed or probable cases <b>OR</b> - influenza – like illness and epidemiologic link in the past 7 days to confirmed case or probable case	

**Infectious period:** 1 day prior to onset and up to 7 days after the onset. Children can be infectious up to 10 days.

**Close contact:** within about 6 feet of an ill person who is a confirmed or suspected case of the seasonal or novel H1N1 flu virus infection during the case's infectious period.

**Influenza-like-illness (ILI):** a fever (100 °F or greater) and cough and/or sore throat in the absence of a KNOWN cause other than influenza.

**High-risk groups:** A person who is at high-risk for complications is defined as; A person who requires hospitalization; A person at high-risk for severe disease ie: Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders

**Special Considerations for Children:** Aspirin or aspirin-containing products should not be administered to any confirmed or suspected ill case of the seasonal or novel H1N1 flu virus infection aged 18 years old and younger due to the risk of Reye syndrome. For relief of fever, other anti-pyretic medications are recommended such as acetaminophen or non steroidal anti-inflammatory drugs. <http://www.cdc.gov/h1n1flu/update.htm>

**LABORATORY TESTING PROTOCOL**

**Consider:** Performing influenza testing on patients with **suspected cases of H1N1**, especially those with **severe illness**.

**RECOMMENDED TESTS**

Rapid antigen or other laboratory test	Predominant virus(es) in community	Preferred medication(s)	Alternative (combination antiviral treatment)
Not done or negative, but clinical suspicion for influenza	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine*
Not done or negative, but clinical suspicion for influenza	H3N2 or B	Oseltamivir or Zanamivir	None
Positive A	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine*
Positive A	H3N2 or B	Oseltamivir or Zanamivir	None
Positive B	Any	Oseltamivir or Zanamivir	None
Positive A+B**	H1N1 or unknown	Zanamivir	Oseltamivir + Rimantadine*
Positive A+B**	H3N2 or B	Oseltamivir or Zanamivir	None

**TESTING METHOD:** Upper Respiratory Specimen

Following should be collected as soon as possible after illness onset:

- nasopharyngeal swab/aspirate or nasal wash/aspirate. OR
  - a combined nasal swab with an oropharyngeal swab is acceptable
- For patients who are intubated
- an endotracheal aspirate should also be collected

**Storage:** Specimens should be placed into sterile viral transport media (VTM) and immediately placed on ice or cold packs or at 4°C (refrigerator) for transport to the lab preferably no longer than 1 week

**Swabs:** **Ideal** - swabs with synthetic tip & an aluminum or plastic shaft

**Not Recommended** - swabs with cotton tips and wood shafts

**Not Accepted** - swabs made of calcium alginate

**Shipping:** Clinical specimens should be shipped on dry ice in appropriate packaging. All specimens should be labeled clearly and include information required

Adult H1N1 (Swine Flu) Anti Viral Recommendations		
Drug	Treatment	Chemoprophylaxis
Oseltamivir	75 mg capsules 2 times per day for 5 days	75 mg capsules 1 times per day for 10 days
Zanamivir	2 5-mg inhalations (10 mg total) 2 times per day for 5 days	2 5-mg inhalations (10 mg total) 1 times per day for 10 days

Seasonal Flu B Anti Viral Recommendations		
Drug	Treatment	Chemoprophylaxis
Oseltamivir	75 mg capsules 2 times per day for 5 days	75 mg capsules 1 times per day for 10 days
Zanamivir	2 5-mg inhalations (10 mg total) 2 times per day for 5 days	2 5-mg inhalations (10 mg total) 1 times per day for 10 days
Amantadine	100 mg twice daily for 5 days	
Rimantadine	100 mg twice daily for 5 days	

**HOME CARE GUIDANCE FLU**

<sup>CDC</sup> Flu Precautions

\_\_stay home until at least 24 hrs AFTER they are free of fever or signs of a fever without the use of fever-reducing medications

\_\_keep away from others

\_\_get plenty of rest

\_\_drink clear fluids to keep from being dehydrated

\_\_cover coughs and sneezes

\_\_clean hands with soap & water or an alcohol-based hand rub often

\_\_avoid close contact with others – **DO NOT** go to work or school while ill

\_\_be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention

**EMERGENCY WARNING SIGNS****Children**

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

**Adults**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

