



Department of Health Services
Public Health Division
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2009 H1N1 Influenza Update Date: Dec 1, 2009

What's New:

- Shipments of 2009 H1N1 vaccine continue to be uneven, but are picking up. Berkeley health care providers should receive additional vaccine shipments in early December. Berkeley PH has not yet received enough vaccine to offer H1N1 vaccine clinics to the general public.
- Over 1850 students in BUSD K-5 schools (48% of enrolled students) were vaccinated in November. Vaccine will be offered in BUSD middle and high schools the week of Dec 7. Vaccination of students is voluntary.
- Private school students are encouraged to contact their usual health care providers for vaccine. PH will notify Berkeley private schools as soon as we have vaccine available at our PH clinic.
- Vaccine is targeted for high risk groups: pregnant women; young people 6 months-24 years of age; caregivers of infants less than 6 months old; adults 25-64 years of age with chronic medical conditions; and health care providers/emergency medical responders with direct patient contact.
- When vaccine is available, PH will offer H1N1 vaccine to the community at the Public Health Clinic. Dates and details are under development.

Current Situation:

Global and National: H1N1 influenza is widespread in California, and in 32 other states (a decrease). Illness appears to be leveling off.

Local: H1N1 has caused 6474 hospitalizations in California, and 354 deaths. Visits to doctors for ILI are declining, as are flu-related hospitalizations; both remain above normal for this time of year. Vaccination remains important because flu pandemics occur in multiple waves. Vaccination now provides protection from the next wave of illness.

What You Can Do:

Many of us are frustrated by not being able to be vaccinated. We can still protect ourselves and our community. Help slow the spread of the virus:

- Cover your mouth and nose when you cough or sneeze: Cough into your sleeve.
- Wash your hands frequently.
- Stay home when you are sick. You may return when you have been without fever for 24 hours.

Prepare:

- Talk to your employer about how you will manage if you or your children are ill;
- Make plans for childcare for children who become ill;
- Get your H1N1 flu vaccine when it is available

Major New Guidance: (full text available at CDC and CDPH websites, see "Resources")

- CDC: [Quick Facts for the Public on Antiviral Treatments for H1N1 Flu](#) (11/23/09)
- CDC: [H1N1 Information for People with Disabilities and Their Caregivers/Personal Assistants](#) (11/16/09)
- CDC: [H1N1 and People with Diabetes](#) (11/12/09)
- CDC: [H1N1 Information for Pregnant Women Working in Education, Child Care, and Health Care](#) (11/9/09)
- CDC: [H1N1 Flu in Pets \(Companion Animals\)](#) (11/5/09)

Key Public Health Activities: PH DOC is activated.

Surveillance

Goals: identify severe disease and outbreaks; understand the spread of disease in our community.

- PH monitors absenteeism among City of Berkeley employees and is working with BUSD to monitor student attendance at public schools. City employee absenteeism is greater than at this time last year.
- PH receives weekly Berkeley-specific data on ILI visits to our sentinel providers, allowing us to monitor the spread of H1N1 in our community. Local trends are similar to state and national trends.
- ABSMC reports weekly on hospitalized and fatal cases of H1N1. Berkeley numbers remain small.

Disease Control

Goals: slow the spread of disease; prevent illness, hospitalization, death, and social disruption.

- Vaccination efforts have been affected by delays and uneven vaccine delivery. We anticipate increased supply of vaccine this month.
- Vaccine remains targeted to priority groups.
- Covering coughs, washing hands, and staying home when ill remain essential.
- Only those who are hospitalized or at high risk for severe disease need to be tested or treated with antiviral medications.

Communication

Goals: provide accurate and timely information to the public, health care providers, and policy makers.

- PH continues to communicate with partners via Health Alerts, dissemination of educational materials, and coordination with local, state, and regional entities.
- Recent PH outreach includes BUSD, Berkeley City College, Pediatric Health Care Providers, Alta Bates Hospital, Homeless service providers, BALDCOA (family child care association), UC Berkeley, Faith-based organizations, and Business and Neighborhood Associations.

Resource Management

Goals: work with partners to manage and distribute local share of state and federal stockpiles of medications, personal protective equipment, and other essential resources (e.g. vaccine).

- **H1N1 vaccine**
 - PH is working with CDPH and Alameda County PH to obtain vaccine for PH and Berkeley health care providers.
 - PH is working with BUSD to offer vaccine to enrolled students at all levels.
 - When vaccine supplies allow, PH will offer vaccine to the public at the Public Health Clinic.
- **Other**
 - PH is monitoring the availability of antiviral medications and personal protective equipment for health care providers, and will assist in addressing shortages should they arise.

Resources:

- CDC: <http://www.cdc.gov/swineflu/>
- CDPH: <http://www.cdph.ca.gov/>
- City of Berkeley Public Health Division: <http://www.ci.berkeley.ca.us/publichealth>(prior updates, health alerts, FAQ, and information for the public)
- CDPH Public H1N1 Influenza hotline: **1-888-865-0564**, M-F 9am – 6pm; Sat 8:30am – 5pm, English, Spanish, Chinese, Vietnamese, Korean and Russian.

Abbreviations:

ABAHO: Association of Bay Area Health Officials
CDC: Centers for Disease Control
CDPH: California Department of Public Health
DOC: Department Operations Center

ILI: Influenza-like illness (fever and either cough or sore throat)
PH: Public Health
WHO: World Health Organization