

Pandemic H1N1 in Los Angeles County



Los Angeles Chamber of Commerce

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Presentation Overview

- Pandemic H1N1: what is it and what are its symptoms?
- What is the status of Pandemic H1N1 in L.A. County?
- What is Public Health doing in response to Pandemic H1N1?
- Key public messages: prevention and treatment
- Who are the priority groups for the H1N1 vaccine?
- How are the H1N1 vaccines being distributed and administered in L.A. County?
- Where can I go for more information?



What is Pandemic H1N1?

- New human flu virus causing illness in people, spreads from person-to-person like the common flu
- Symptoms like the common flu:
 - High fever, dry cough, sore throat, headache, body aches, nasal congestion, chills, tiredness and weakness, diarrhea, vomiting
- Virus spreads through:
 - Large respiratory droplets from infected person, close contact with sick individual



Pandemic H1N1 status in the US

FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending October 31, 2009- Week 43



*This map indicates geographic spread and does not measure the severity of influenza activity.



What is the status of Pandemic H1N1 in Los Angeles County?

- During week 38 (September 20-September 26), influenza activity in California was upgraded to **widespread**.
 - Remains widespread through present week
- New ILI (influenza-like illness) outbreaks reported in Los Angeles County
 - Week 39 (Sept 27 – Oct 4): 13 (11 in elementary schools)
 - Week 43 (Oct 25 – 31): 62 (39 in elementary schools)
- Majority of U.S. and L.A. County cases have been mild to moderate
 - Most cases recovered without complications or special medical treatment



What is the status of Pandemic H1N1 in Los Angeles County?

- Reported number of cases do not reflect actual number of cases
 - Individuals in outpatient settings are no longer tested for presence of the virus, due to the mild nature of the disease among most people and the cost associated with testing
- Laboratory testing is limited to individuals with serious H1N1 illness, including hospitalized patients, and those at high risk for complications
- Los Angeles County H1N1 deaths (April 3 – Nov. 4, 2009):
 - Deaths: 75
 - Not all fatal cases were admitted to the ICU



What is DPH doing in response to Pandemic H1N1?

- Activated the **Incident Command System (ICS)**.
 - This structure will allow for the rapid deployment of resources and emergency planning in response to the challenges presented by pandemic H1N1
- Containing further spread of disease
 - Offering H1N1 flu vaccination clinics
- Investigating possible cases and illness clusters
- Monitoring severe cases by tracking patient visits and hospitalizations



What is DPH doing in response to Pandemic H1N1?

- Assuring effective use of national, state, and local resources
- Sustaining infrastructure, essential services, and the economy
- Ensuring effective risk communication (e.g., framing flu as an annual public health problem with substantial health impact):
 - 36,000 deaths per year
 - 200,000 hospitalizations per year
 - Lost work/school days
 - Overwhelmed medical care systems



Pandemic H1N1: prevention

- **Get** a seasonal flu shot and keep immunizations up-to-date
- **Get** Pandemic H1N1 flu shots if you are in any of the priority groups
- **Stay** home for 24 hours after fever ends
- **Wash** your hands with soap and water
- **Cover** coughs and sneezes
- **Avoid** touching your eyes, nose and mouth
- **Practice** healthy habits like:
 - Eating healthy food
 - Getting enough sleep
 - Exercise to maintain a strong body that's able to fight germs



Pandemic H1N1: treatment

- Most treatment like the normal seasonal flu:
 - Stay at home when sick
 - Avoid getting others sick
 - Avoid overcrowding emergency rooms
 - Drink lots of fluids
 - Keep body hydrated
 - Get plenty of rest
 - Stay at home until 24 hours after fever ends



Pandemic H1N1: treatment

- Most people **do not need medication** to get better
 - Antivirals (Tamiflu® or Relenza®) do not guarantee flu will go away or be less contagious
 - Over the counter medicine relieves symptoms but does not make you less contagious
 - **DO NOT** give aspirin to children or teenagers for flu symptoms
 - Antibiotic medication is **not recommended** for the treatment of Pandemic H1N1
 - Treatment is for those who are hospitalized or immune-compromised :
 - Pregnant women,
 - Infants,
 - Elderly,
 - People with HIV, cancer, heart or lung disease



What are the facts about flu shots?

- You *cannot* get the flu from the flu shot
- Once you get the flu shot it takes time before it works
- The flu shot doesn't cure all illnesses



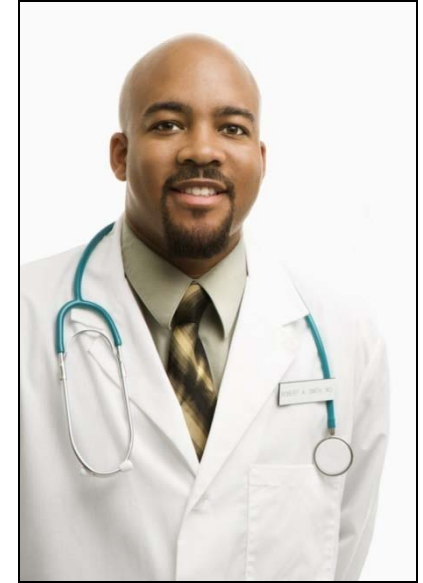
Thimerosal and safety

- Thimerosal is added to vaccines to keep them germ-free while in the vial
- Vaccines that contain thimerosal are safe and can be given to children and young adults
 - Ages 6 months to 24 years
- The amount of preservative in vaccines is safe
 - Extensive scientific research has found no link between thimerosal and complications (including autism)



H1N1 vaccine: monitoring safety

- The ingredients in the pandemic H1N1 flu vaccine and the process for making and testing it are similar to seasonal flu vaccine, **which is very safe.**
- Providers asked to promptly and accurately report clinically adverse effects that occur following vaccination
- Report to Vaccine Adverse Event Reporting System (VAERS) – a US vaccine safety surveillance system co-managed by the CDC and FDA



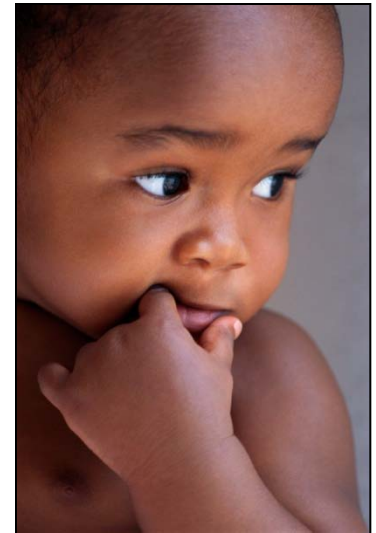
Three ways to report to VAERS:

- 1) Submit online via a secure website at <http://vaers.hhs.gov/esub/index#Online>
- 2) Fax a completed VAERS form to (877) 721-0366, or
- 3) Mail a completed VAERS form to VAERS, P.O. Box 1100, Rockville, MD 20849-1100



Who are the priority groups to receive the Pandemic H1N1 vaccine?

- **Priority groups include:**
 - Pregnant women
 - People who live with or care for children > 6 months of age
 - Health care and emergency medical services personnel
 - Persons between the ages of 6 months - 24 years
 - People from ages 25 - 64 that have chronic health disorders or compromised immune systems
- Los Angeles County contains 5.5 million residents who fall into the priority group
 - DPH, working with community clinic partners, plans to vaccinate a portion of the priority group population
 - Majority of vaccinations administered in LA County will be provided by the private sector



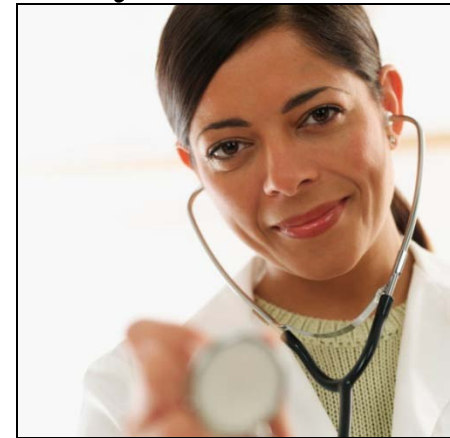
How is the H1N1 vaccine being administered?

- There are two ways to administer the vaccine
 - The "**flu shot**"
 - An inactivated vaccine that is given with a needle
 - Both H1N1 and seasonal flu shots can be administered at the same time
 - The "**FluMist**" nasal-spray
 - A vaccine made with live, weakened flu viruses that does not cause the flu
 - H1N1 and seasonal flu nasal-spray **cannot** be administered at the same time



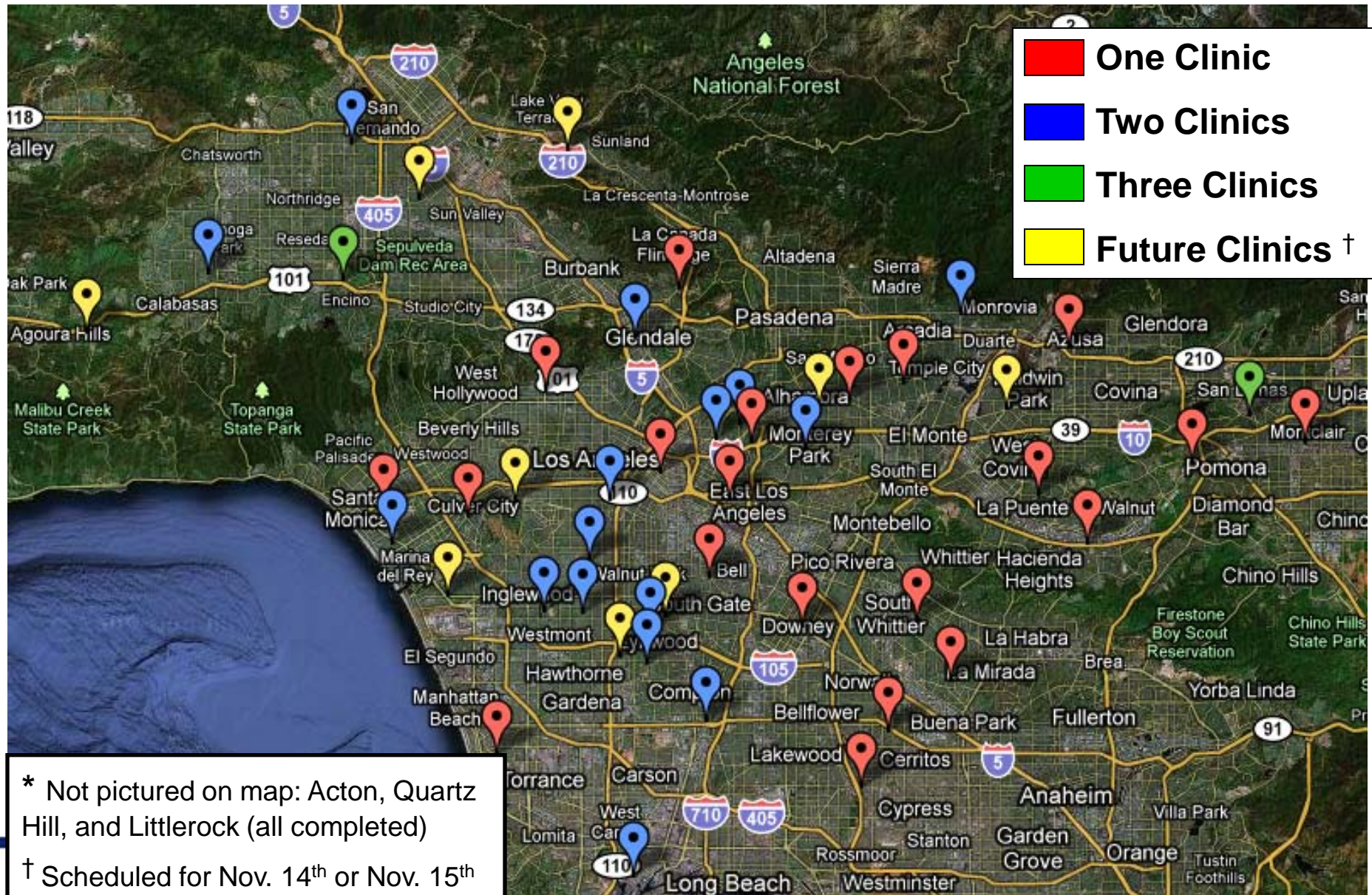
H1N1 vaccine distribution in L.A. County

- H1N1 vaccine will be available in the same ways that seasonal flu vaccine is offered:
 - Doctors' offices
 - Retail settings
 - Pharmacies
 - Workplaces
 - Community vaccinators
- Additionally, DPH has been conducting mass vaccination clinics, known as Points of Dispensing (PODs), all over the County for the public
 - Friday 10/23 through Sunday 11/8: DPH provided 108,000 vaccinations at 69 clinics
 - 1,800 – 2,200 vaccinations per site



H1N1 vaccine distribution in L.A. County*

Location of Clinics: October 23 – November 13



Scenes from Los Angeles County DPH flu clinics (PODs)



Scenes from Los Angeles County DPH flu clinics (PODs)



H1N1 vaccine: availability and doses

- Vaccine available to LA County health care providers who ordered through CalPanFlu website: www.CalPanFlu.org
- Health care providers who ordered pandemic H1N1 vaccine through CalPanFlu website should receive their vaccine by **mid-November**
- Pandemic H1N1 vaccine anticipated doses:
 - **One dose** for those ages 10 years and up
 - **Two doses** for those ages 6 months to 9 years
 - It is anticipated that those who get the first shot will have to wait a month before getting the second shot



Current vaccine shortage

- Current demand for H1N1 vaccine exceeds local and national supply
 - Manufacturing delays
- Communities nationwide don't have enough H1N1 vaccine
 - LA County included
 - Hospitals, private doctor's offices, and local health departments do not have as much vaccine as expected or originally planned for
- As of Nov. 10th, 810,000 doses have been received or are on order for LA County:
 - 538,000 (66%) directed to private providers
 - 272,000 (34%) directed to DPH for PODs
 - Additional 157,000 sent by the State to local Kaiser facilities



More vaccine is on the way...

- More H1N1 vaccine will become available in upcoming weeks
 - Local community clinics and doctor's offices will have supplies soon
- **Please** help make sure that those most in need of vaccine can get it
 - If you are NOT in the target groups, please wait until more vaccine is available before getting vaccinated
 - Remember flu season usually peaks in the beginning of the year
- 11 community health center partners (26 total sites) starting to add H1N1 vaccination services



Los Angeles County flu clinic challenges

- High demand + limited supply =
 - Some Public Health vaccine clinics forced to close earlier than expected, people turned away
 - Screening for vaccine types slower than expected
- In response DPH has:
 - Deployed more screeners to sites and started screening clients in line
 - Provided additional information on site to ensure awareness of shortage situation and priority groups



DPH next steps

- We are working on the following improvements to our H1N1 response:
 - Strengthen outreach to identify providers serving underserved sectors of target groups
 - Increase outreach to those with poor access to health care
 - Launch our broad media campaign
 - We have delayed the release of the campaign due to significant imbalance between vaccine supply and demand



What employers can do to minimize the impact of H1N1

- Urge your employees who are in the priority groups to go to their regular source of care to get vaccinated as soon as possible
 - Employees not in priority groups should get vaccinated when vaccine becomes more widely available
 - An immunized workforce will minimize the absenteeism in your workplace caused by flu
- Keep shared equipment and workstations (e.g. cash registers, computer keyboards) as clean as possible between shifts to minimize spread of germs
- Send sick employees home



What employers can do to minimize the impact of H1N1

- Post flu prevention tips around the worksite
- Provide support for employees who get sick to stay out of the workplace
 - Support sick staff to stay at home and rest
 - Allow staff who are recovering from being sick to telecommute
 - Provide self-care resources to sick staff
- Urge employees to develop child care contingency plans in case a child gets sick
- Find H1N1-related resources for businesses at:
<http://cdc.gov/h1n1flu/business/>



Key prevention messages to remember

- **Get** a seasonal flu shot and keep immunizations up-to-date
- **Get** Pandemic H1N1 flu shots if you are in any of the priority groups
- **Stay** home for 24 hours after fever ends
- **Wash** your hands with soap and water
- **Cover** coughs and sneezes
- **Avoid** touching your eyes, nose and mouth
- **Practice** healthy habits like:
 - Eating healthy food
 - Getting enough sleep
 - Exercise to maintain a strong body that's able to fight germs



For more information

- Los Angeles County:
 - County of Los Angeles Department of Public Health <http://www.publichealth.lacounty.gov/>
 - Call **2-1-1** from any phone if you need help finding medical care
- California:
 - California Department of Public Health
 - 1-888-865-0564
 - www.cdph.ca.gov
- United States:
 - Centers for Disease Control and Prevention
 - 1-800-CDC-INFO (1-800-232-4636)
 - www.cdc.gov/h1n1flu



Special Thanks to...

- Cities hosting the flu clinics, especially the City of Los Angeles
- Community health center partners
- LA County Department of Health Services
- Department of Public Health staff



Questions

