

▪ **Swine Flu Outbreak UPDATES**

The **New York City Department of Health and Mental Hygiene (NYC DOHMH)**, **New York State Department of Health (NYS DOH)** and the **Centers for Disease Control and Prevention (CDC)** have distributed information on the current swine flu outbreak..

- CDC provides regular updates on the national status of the swine flu outbreak: [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/)
- NYC DOHMH's **Swine Influenza: What New Yorkers Need To Know** Factsheet: [www.nyc.gov/html/doh/downloads/pdf/cd/swine\\_flu\\_faq.pdf](http://www.nyc.gov/html/doh/downloads/pdf/cd/swine_flu_faq.pdf)
- NYC DOHMH's April 27, 2009 press release – Investigation of New York City Swine Flu Cluster Continues; Symptoms Remain Mild: [www.nyc.gov/html/doh/html/pr2009/pr017-09.shtml](http://www.nyc.gov/html/doh/html/pr2009/pr017-09.shtml)

*Where can I get up-to-date information on swine flu?*

- NYC DOHMH website: [www.nyc.gov/html/doh/html/home/home.shtml](http://www.nyc.gov/html/doh/html/home/home.shtml)
- NYC DOHMH HEALTH ALERTS: [www.nyc.gov/html/doh/html/home/home.shtml](http://www.nyc.gov/html/doh/html/home/home.shtml)
- New York State Department of Health [www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine\\_flu/index.htm](http://www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine_flu/index.htm)
- ★ Centers for Disease Control and Prevention (CDC) web pages: [www.cdc.gov/swineflu/index.htm](http://www.cdc.gov/swineflu/index.htm)  
[www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)
- PandemicFlu.gov [www.pandemicflu.gov/faq/swineflu/](http://www.pandemicflu.gov/faq/swineflu/)
- World Health Organization [www.who.int/csr/disease/swineflu/en/index.html](http://www.who.int/csr/disease/swineflu/en/index.html)

▪ **What symptoms of swine flu should ACFs look out for?**

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include

- fever
- cough
- fatigue
- sore throat
- body aches
- headache
- chills

Some people have reported **diarrhea** and **vomiting** associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.



*How does swine flu spread?*

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

*If someone has swine flu, how contagious are they?*

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

*What should I do to keep from getting the flu?*

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

**Screening and Isolation Capacity : Please note that infection control recommendations may evolve as we come to have a better understanding of the evolution of this new virus.**

CDC strongly recommends home isolation of individuals with mild influenza-like illness and with epidemiologic risk factors:

- Persons who develop influenza-like-illness (ILI) (fever with either cough or sore throat) and who have an epidemiologic risk factor for swine influenza (i.e., close contact with someone who is suspected or confirmed to have swine flu, close contact associated with an ill person from St. Francis Preparatory High School, travel to Mexico) should be strongly encouraged to self-isolate in their home for 7 days after the onset of illness or at least 24 hours- 48 hours after symptoms have resolved, whichever is longer. Persons who experience ILI and wish to seek medical care should contact their health care providers to report illness (by telephone or other remote means) before seeking care at a clinic, physician's office, or hospital. Persons who have difficulty breathing or shortness of breath or are believed to be severely ill should seek immediate medical attention.
- If ill persons **must** go into the community (e.g., to seek medical care) they should wear a face mask to reduce the risk of spreading the virus in the community when they cough, sneeze, talk or breathe. If a face mask is unavailable, ill persons needing to go into the community should use a handkerchief or tissues to cover any coughing. If possible, alcohol hand rubs should be carried with them so that hand hygiene can be performed after coughing or sneezing.
- Persons in home isolation and their household members should be given infection control instructions: including frequent hand washing with soap and water. Use alcohol-based hand gels (containing at least 60% alcohol) when soap and water are not available and hands are not visibly dirty. When the ill person is within 6 feet of others at home, the ill person should wear a face mask if one is available and the ill person is able to tolerate wearing it.

For more information go to: [www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)

## **Should We Wear Masks or Respirators?**

Masks are one way of keeping a contagious respiratory disease like swine flu from spreading. Heightened infection control for diseases like swine flu involve good respiratory hygiene and etiquette (e.g., covering your nose or mouth when you sneeze or cough); and at-the-door prevention techniques such as asking people if they have a fever, cough or other flu-like symptoms. In ACFs where people often dine or congregate together, people who feel sick with flu-like symptoms should be asked to stay in their room or apartment and take their meals there.

Healthcare workers should wear a mask if they believe that they are working with a person who has swine flu. If you will be doing any procedure or collecting specimens that will exacerbate the patients cough (e.g., nebulizer treatments, aerosol generating procedures), then the patient should be brought to a separate room (preferably and airborne infection isolation room, AIIR) and the healthcare provider should wear an N95 respirator and goggles.

For more information go to: [www.cdc.gov/swineflu/masks.htm](http://www.cdc.gov/swineflu/masks.htm)



## **What should Health Aides, Other Caregivers, Visitors and Family do?**

Monitor yourselves closely for the development of influenza-like symptoms. If you get sick with fever, cough, or sore throat, stay at home. Sick persons should not have visitors while they are ill with influenza or an influenza-like illness. If anyone who does not live with the patient must enter the home, they should avoid contact with the sick person. All persons in the household, especially those who must come in close contact with the sick person should clean their hands with soap and water or an alcohol-based hand rub frequently and after every contact with the sick person.

If someone else is washing the used linens (such as bed sheets and towels) for the sick person, they should use household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent self-contamination and clean hands with soap and water or alcohol-based hand rub right after handling dirty laundry. Close contacts may consider using a facemask (e.g. surgical mask) or an N95 respirator. These can be purchased at a pharmacy or hardware store. If a reusable fabric facemask is used, it should be laundered with normal laundry detergent and tumble-dried in a hot dryer.

Practice good hygiene and health habits including covering your nose and mouth with a tissue when coughing or sneezing, washing your hand often, avoiding touching your eyes, nose or mouth, and practicing other good health habits such as getting plenty of sleep and managing your stress. Also try not touch surfaces that may be contaminated with the flu virus..

For more information go to:

[www.cdc.gov/flu/protect/habits.htm?s\\_cid=swineFlu\\_outbreak\\_internal\\_003](http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_internal_003)

[www.cdc.gov/flu/toolkit/](http://www.cdc.gov/flu/toolkit/)

[www.cdc.gov/swineflu/guidance\\_homecare.htm](http://www.cdc.gov/swineflu/guidance_homecare.htm)



▪ **Situational Awareness: How to prevent or contain flu in your facility?**

Here are some things that you can do to reduce the opportunities for flu to spread in your facility.

**Residents:**

- Ask residents with fever, cough or other signs of flu to stay in their room if they have mild illness
- If residents have more severe illness they should see their doctor for evaluation and treatment

**Residents' Family Members:**

- A resident's family members who are ill should refrain from being with resident until they have recovered.

- Observe all who enter the facility and ask all visitors coming into the facility if they how they have been feeling and if they have had symptoms of the flu lately (fever, cough, etc.).
- Provide tissues and hand hygiene products at the entryway.

**Staff:**

- Ask staff with fever, cough or other signs of flu to stay home at the earliest signs of illness
- Post respiratory hygiene and etiquette posters in prominent areas throughout the facility, particularly in public place, staff areas and near residents’ rooms and at entrances.

▪ **DISPLAY ‘COVER YOUR COUGH’ posters**



It’s a good idea to have ‘**COVER YOUR COUGH**’ posters displayed and visible in all public areas.

The following publications are available **free of charge**. To order bulk quantities of a poster or a publication, please call 212-720-7136. To View or Download a publication, go to <http://www.nyc.gov/html/doh/html/cd/cdmaterials.shtml>

Individual links to materials related to flu prevention are listed below:

**Cover Your Cough** (Brochure & Posters for Clinics and Communities)

Available in: English, Arabic, Bengali, Chinese, Creole, French, Hebrew, Hindi, Korean, Russian, Spanish, Urdu)

<http://www.nyc.gov/html/doh/html/cd/cd-cough.shtml>

**STOP Triage Posters for Waiting Areas** (Available in English, Spanish, Chinese)

English Triage Poster (STOP Poster)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/res-poster-clinics.pdf>

**Chinese Triage Poster (STOP Poster)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/res-poster-clinics-ch.pdf>

**Spanish Triage Poster (STOP Poster)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/res-poster-clinics-sp.pdf>

**Adult Wash Your Hands Posters (English)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-adult-handwash-poster.pdf>

**Adult Wash Your Hands Poster (Spanish)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-adult-handwash-poster-sp.pdf>

**Adult Wash Your Hands Poster (Chinese)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-adult-handwash-poster-ch.pdf>

**Kids Wash Your Hands (English ONLY)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-kids-handwash-poster.pdf>

**Nasopharyngeal Specimen Collection for Viral Respiratory Pathogens: A Guide for Providers (English ONLY)**

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-nas-specicol-poster.pdf>

**Sequence for Donning and Removing Personal Protective Equipment (Bilingual English and Spanish)**

[http://www.nyc.gov/html/doh/downloads/pdf/cd/cdc\\_ppe.pdf](http://www.nyc.gov/html/doh/downloads/pdf/cd/cdc_ppe.pdf)



## CDC “COVER YOUR COUGH” POSTERS

You can also get COVER YOUR COUGH flyers and posters from the CDC at [www.cdc.gov/flu/protect/covercough.htm](http://www.cdc.gov/flu/protect/covercough.htm) posters are available in downloadable PDF format in English, Spanish, Portuguese, French, Vietnamese, Tagalog, Chinese, Hmong and Khmer



### Key Points for ACF Administrators and Health Care Providers

#### Up-front screening by ACF staff can prevent or limit swine flu transmission.

- ACF staff should have a heightened awareness for residents, visitors and staff with swine flu risk factors – influenza like illness with recent travel to Mexico or close contact with ill students or staff from St. Francis Preparatory Academy
- If staff have symptoms of mild flu-like illness **AND** they have epidemiologic risk factors for swine flu, they should stay home for seven (7) days or 24-48 hour after symptoms have resolved, whichever is longest. They should also see their medical provider if their symptoms worsen.
- If residents have risk factors and symptoms, they should not go out to the public for seven (7) days or 24-48 hours after resolution of symptoms, see a physician, take meals in their room and not have unnecessary visitors. They should be encouraged to practice hand hygiene and respiratory etiquette. When out of their room, such as when going from their room to a doctor’s appointment, they should wear a mask.
- When making an appointment with a physician for a person with risk factors and flu-like symptoms, be

certain to tell the doctor that the resident is suspected to have swine flu.

- For ACF health care providers: After ruling out other infectious disease causes, residents with severe flu-like symptoms and risk factors should be treated with Tamiflu.
- Health care aides of residents with symptoms and risk factors should stay home at the earliest signs of illness and should receive prophylaxis with Tamiflu.

## **QUESTIONS ABOUT A POSSIBLE SWINE FLU CASE AT YOUR FACILITY?**

CONTACT DOHMH THROUGH THE PROVIDER ACCESS LINE  
at **1-866-NYC-DOH1 (1-866-692-3641)**

ALL OTHER TIMES (Nights, Weekends, or Holidays):  
Call the POISON CONTROL CENTER  
at **1-(212)-POISONS / 1-(212)-764-7667**

- Next conference call : Tuesday May 5, 2009 at 1pm