

# Eastern Michigan University – Emergency Management 2009 Influenza A (H1N1) Situation Report

## Situation Update #18

Date: 3 November 2009

### Time: 4:00pm EDT

On October 24, 2009, President Obama signed a proclamation declaring the 2009 H1N1 influenza pandemic a National Emergency to facilitate our ability to respond to the pandemic by enabling – if warranted – the waiver of certain statutory Federal requirements for medical treatment facilities. In particular, this proclamation is aimed at providing HHS the ability to waive legal requirements that could otherwise limit the ability of our nation's health care system to respond to the surge of patients with the 2009 H1N1 influenza virus.

As experts expected, H1N1 flu is moving rapidly throughout the country and the majority of states now have widespread influenza activity. This declaration gives authority for the Department of Health and Human Services (HHS) to waive certain regulatory requirements for healthcare facilities in response to the ongoing pandemic. Specifically, healthcare facilities will be able to submit waivers to establish alternate care sites, and modified patient triage protocols, patient transfer procedures and other actions that occur when they fully implement disaster operations plans.

### Eastern Michigan University

<http://www.emich.edu/uhs/swineflu/>

Eastern Michigan University has initiated comprehensive H1N1 prevention and preparedness activities to minimize impacts caused by both the seasonal flu and the H1N1 virus. EMU's initiatives include providing up-to-date information to faculty, staff, students and parents; contingency planning for continuity of operations in the event of an outbreak; lessons in proper hand washing; and, offering informational meetings for students and employees.

### Key Activities

- EMU has hosted vaccination clinics for both the seasonal flu and H1n1 (see Vaccination below)
- EMU distributed 2,500 bottles of hand sanitizer and informational letter during student move-in day (September 5<sup>th</sup>).
- Parents of first-year students, age 24 or younger, received a letter outlining medical services, including information about available vaccines, offered by University Health Services.
- Informational letters were distributed to the following target populations:
  - All EMU students
  - Residence hall students and university apartment tenants
  - New Student Orientation Student Assistants
  - International students
  - Greek community members
  - Faculty and Academic Affairs Administrators
  - Parents of students
  - EMU employees

### Surveillance

EMU's influenza surveillance is a collaborative effort between federal, state and local health departments and other agencies. The campus surveillance effort includes:

1. Finding out when and where influenza activity is occurring
  2. Tracking influenza-related illness
  3. Tracking what influenza viruses are circulating
  4. Measuring the impact influenza is having on the EMU campus community
- For the week of 10/25/09, EMU documented 8 new cases of Influenza-like Illness on campus. Influenza-like Illness case definition = fever (> or = 100 degrees F) AND cough and/or sore throat (in the absence of a known cause other than influenza).
  - The Michigan Department of Community Health has reported 530 cases of Influenza Like Illness (ILI) in Washtenaw County from September 27 through October 10, 2009. Reports of confirmed influenza cases in Washtenaw residents started to increase again for the week ending October 9. All cases are influenza A and many have been sub-typed as H1N1. The age range of recent cases is 1 to 84 years, although the majority of cases are still in young adults. Two new hospitalizations with confirmed influenza were reported. No deaths due to the 2009 H1N1 virus have been reported in Washtenaw County residents to date.

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- EMU is participating with the American College Health Association in a national surveillance network to report data on a weekly basis that is specific to campus communities. ACHA Pandemic Influenza Surveillance - Influenza Like Illness (ILI) in Colleges and Universities [http://www.acha.org/ILI\\_Surveillance.cfm](http://www.acha.org/ILI_Surveillance.cfm):

In the weekly period ending October 23, a total of 8,861 new ILI cases were reported (twenty hospitalizations) among campus populations totaling over 3.1 million. Ninety-seven percent of 270 colleges and universities reported new ILI cases, compared to 95% reporting new cases the prior week. The nationwide attack rate was 28.0 cases/10,000 students, thirty-four percent higher than the prior week's rate, indicating a significant surge in flu like illness on college campuses.

Unexpectedly, the resurgence of flu activity has been observed in several regions that had previously seen declines. For example, the Southeast, Midwest, Mid-Atlantic, and Northeast regions have all experienced a rebound in disease. As the CDC reported this week, flu is widespread nationally and fluctuation in disease activity varies significantly both on local and regional levels. Again, no deaths were observed among the reporting institutions. This recent return of flu helps reaffirm the importance of vaccination once it becomes available.

### Vaccination

As of November 3, 2009, University Health Services has received a new allotment of the H1N1 flu nasal spray vaccine (200 doses) and the seasonal flu vaccine (100 doses). Vaccination clinics are scheduled as follows:

- The Snow Health Center staff will offer the nasal spray vaccine, Wednesday, Nov. 4, from 4 p.m. – 6 p.m. on the lower level of Snow Health Center, and Friday, Nov. 6, from 10 a.m. to 2 p.m. on the second floor of the health center. Only those individuals who are under 25 years old and healthy will be eligible for the nasal spray vaccine.
- Those needing a seasonal flu vaccine are encouraged to call the health center at 734.487.1122 before coming to make sure the vaccine is available.
- The Washtenaw County Public Health Department will hold an H1N1 vaccine clinic Thursday, Nov. 5 from 10 a.m. to 7 p.m. at the EMU Convocation Center. This clinic is only for the highest priority groups who work, live or attend school in Washtenaw County.
- CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 flu vaccine:
  - Pregnant women because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
  - Household contacts and caregivers for children younger than 6 months of age because younger infants are at higher risk of influenza-related complications and cannot be vaccinated;
  - Healthcare and emergency medical services personnel because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients;
  - All people from 6 months through 24 years of age;
  - Children from 6 months through 18 years of age because we have seen many cases of novel H1N1 influenza in children and they are in close contact with each other in school and day care settings, which increases the likelihood of disease spread;
  - Young adults 19 through 24 years of age because we have seen many cases of novel H1N1 influenza in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,
  - Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

### Campus Community Mitigation

Community mitigation includes such measures as social distancing (e.g., cancelling events with large crowds, school and daycare closures, etc.) and targeted use of antiviral medications. Isolation and treatment are all effective measures in preventing the spread of influenza. Isolation refers to the separation of persons who have a specific infectious illness from those who are healthy by restricting movement and interaction to stop or minimize the spread of that particular illness.

- EMU has installed hand sanitizer along with informational signage at high traffic/contact locations including the student center, computing centers, Halle Library and other locations.
- A Web site listing action steps for preventing the spread of the flu and an FAQs page providing current information and updates. The site can be accessed at <http://www.emich.edu/uhs/swineflu/>
- **CDC recommends that individuals with influenza-like illness remain at home and away from other people until at least 24 hours after they are free of fever (100° F [37.8° C] or greater), or signs of a fever, without the use of fever-reducing medications.**

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## **Communications**

Guidance to the campus community about how to protect themselves is an essential component of influenza prevention. When health risks are uncertain, people need information about what is known and unknown, as well as interim guidance to formulate decisions to help protect their health and the health of others.

- EMU is preparing the campus community for the H1N1 influenza pandemic by developing messages and materials to promote preparedness and prevention. The university is employing public outreach efforts to the campus community through its website, EMU Hotline, informational letters and posters, public outreach to various groups on campus, and by sharing information with the media.
- September 3<sup>rd</sup> press release on EMU H1N1 preparations and interviews with local radio and television outlets.
- September 4<sup>th</sup> letter from Provost to faculty on H1N1 prevention & preparedness.

## **World Health Organization (WHO)**

**World Health Organization** <http://www.who.int/en/> [On June 11, WHO raised the pandemic alert level from Phase 5 to Phase 6 indicating that an influenza pandemic is underway.]

As of 25 October 2009, worldwide there have been more than 440,000 laboratory confirmed cases of pandemic influenza H1N1 2009 and over 5700 deaths reported to WHO.

As many countries have stopped counting individual cases, particularly of milder illness, the case count is likely to be significantly lower than the actual number of cases that have occurred. WHO is actively monitoring the progress of the pandemic through frequent consultations with the WHO Regional Offices and member states and through monitoring of multiple sources of data.

In the temperate zone of the northern hemisphere, influenza transmission continues to intensify marking an unusually early start to winter influenza season in some countries. In North America, the US, and parts of Western Canada continue to report high rates of influenza-like-illness (ILI) and numbers of pandemic H1N1 2009 virus detections; Mexico has reported more confirmed cases since September than during the springtime epidemic. In Western Europe, high rates of ILI and proportions of respiratory specimens testing positive for pandemic H1N1 2009 have been observed in at least five countries: Iceland, Ireland, the UK (N. Ireland), Belgium, and the Netherlands. Many other countries in Europe and Western and Central Asia are showing evidence of early influenza transmission, including in Spain, Austria, parts of Northern Europe, Russia, and Turkey. In Japan, influenza activity has also increased sharply, especially on the northern island, approximately 10 weeks ahead the usual start of the winter influenza season.

Pandemic influenza transmission remains active in many parts of the tropical zone of the Americas, most notably in several Caribbean countries. Overall transmission continues to decline in most but not all parts of the tropical zone of South and Southeast Asia.

**Pandemia (H1N1) 2009: Interactive Map:** <http://new.paho.org/hq/images/atlas/en/atlas.html>

## **CDC**

**CDC U.S. Human Swine Influenza Infection website:** <http://www.cdc.gov/swineflu/investigation.htm>

**CDC Guidance:** <http://www.cdc.gov/swineflu/guidance/>

As of October 30, 2009, a review of the key indicators found that influenza activity continued to increase in the United States from the previous week. Below is a summary of the most recent key indicators:

- Visits to doctors for influenza-like illness (ILI) increased steeply since last week in the United States, and overall, are much higher than what is expected for this time of the year. ILI activity now is higher than what is seen during the peak of many regular flu seasons.
- Total influenza hospitalization rates for laboratory-confirmed flu are climbing and are higher than expected for this time of year. Hospitalization rates continue to be highest in younger populations with the highest hospitalization rate reported in children 0-4 years old.
- The proportion of deaths attributed to pneumonia and influenza (P&I) based on the 122 Cities Report has increased and has been higher than what is expected at this time of year for four weeks now. In addition, 22 flu-related pediatric deaths were reported this week; 19 of these deaths were confirmed 2009 H1N1, and three were influenza A viruses, but were not subtyped. Since April 2009, CDC has received reports of 114 laboratory-confirmed pediatric 2009 H1N1 deaths and another 12 pediatric deaths that were laboratory confirmed as influenza, but where the flu virus subtype was not determined.

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- Forty-eight states are reporting widespread influenza activity at this time. They are: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming. This many reports of widespread activity are unprecedented during seasonal flu.
- Almost all of the influenza viruses identified so far are 2009 H1N1 influenza A viruses. These viruses remain similar to the virus chosen for the 2009 H1N1 vaccine, and remain susceptible to the antiviral drugs oseltamivir and zanamivir with rare exception.

### **Internet Resources**

#### **Washtenaw County H1N1 and Seasonal Influenza Information**

[http://www.ewashtenaw.org/government/departments/public\\_health/school\\_portal/H1N1%20Influenza](http://www.ewashtenaw.org/government/departments/public_health/school_portal/H1N1%20Influenza)

#### **Michigan Department of Community Health**

[www.michigan.gov/swineflu](http://www.michigan.gov/swineflu)

#### **Google Map H1N1 Flu Tracking (Colleges and Universities)**

<http://tinyurl.com/HigherEdH1N1Map-Sep09>

<http://tinyurl.com/HigherEdH1N1Map>

#### **U.S. Government Influenza information**

<http://flu.gov/psa/index.html>