

HUDSON REGIONAL HEALTH COMMISSION  
MEADOWVIEW COMPLEX  
595 COUNTY AVENUE, BUILDING 1, SECAUCUS, NEW JERSEY 07094  
TEL. (201) 223-1133 FAX (201) 223-0122

John P. Sarnas, President

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H1N1 Situation Update as of 11/4/09

**Activity Update:**

- H1N1 flu activity started extremely early this fall.
- The virus continues to infect children and young adults in larger numbers compared with other age groups.
- The CDC is reporting widespread influenza in 48 states, including New Jersey. Hudson is reporting regional activity as of 11/4/09.
- 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.
- 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 (Tamiflu®) and zanamivir (Relenza®) with rare exception.
- CDC anticipates that 2009 H1N1 Influenza viruses will co-circulate with regular seasonal flu viruses over the fall and going forward.
- The timing, spread and severity of the 2009 H1N1 virus – in addition to regular seasonal viruses – is uncertain.

**International Update:**

- The virus appears to be behaving very similarly in the Southern Hemisphere compared to what was experienced in the United States this past spring.
- There have been no significant changes detected in the 2009 H1N1 influenza virus isolated from people in the Southern Hemisphere compared with those isolated from people in the Northern Hemisphere.

**Vaccine Update:**

- The vaccine is voluntary.
- The vaccine manufacturing process for 2009 H1N1 influenza is the same as that for seasonal flu vaccine. The safety profile is similar to seasonal flu vaccine as well.
  - Vaccines to prevent the 2009 H1N1 influenza virus have been licensed and approved by the FDA. Manufacturers are: Sanofi-Pasteur, Inc.; Novartis Vaccines and Diagnostics Unlimited; MedImmune LLC, and CSL Limited.
  - Persons over 10 years of age will receive one dose. Individuals under 10 will receive two doses 28 days apart optimally, but 21 days is acceptable.
  - As of 11/3/09, there were 31.8 million doses available nationwide to be ordered. The CDC reports that we are “on track” to see a 10 million dose increase in supply by the end of this week, which demonstrates that the supply is steadily increasing.

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- Public health officials are working to finalize their plans for clinics and will announce dates and times once vaccine is on site.
- Public Health H1N1 Clinics will be posted on [www.nj.gov/health/h1n1flu](http://www.nj.gov/health/h1n1flu) "Find A Flu Shot Locator" once dates are confirmed.
- Vaccine may also be available through private physicians, FQHCs, retail pharmacies and retail supermarkets. People should call their medical providers or visit the website noted above to locate vaccine.
- On July 29, 2009 the CDC's Advisory Committee on Immunization Practices (ACIP) met and considered the most current and available epidemiologic and clinical data to determine which population groups should be prioritized for initial doses of available vaccine.
- The prioritization is as follows:
  - pregnant women
  - people who live with or care for children younger than 6 months of age,
  - healthcare and emergency medical services personnel,
  - persons between the ages of 6 months and 24 years old
  - people ages of 25 through 64 years of age who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.

For additional information on target groups, please visit:

[http://www.cdc.gov/h1n1flu/vaccination/public/vaccination\\_qa\\_pub.htm](http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_qa_pub.htm)

- H1N1 vaccine clinical testing has been completed with reports stating the vaccine is safe and effective. Data show good immune response with no severe side effects reported thus far. Preliminary results of trials in children look promising, with one dose producing a robust immune system response in children 10-17 years of age, which was similar to results for adults. Younger children generally had a less robust early response, hence the recommendation for 2 doses for children under 10 yrs of age.

### **New Guidance from Centers for Disease Control and Prevention**

- On August 5, 2009, the CDC released new "exclusion" recommendations for people with flu like illness. The new guidance recommends that those with flu like illness stay home and away from others for at least 24 hours after a fever has gone away (without the use of fever reducing medicines). This was a revision of the previous recommendation, which stated people should stay home from work or school for 7 days plus 24 hours after a fever subsided, whichever was longer. The guidance can be found at:  
<http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>
- CDC Recommendations for the Amount of Time Persons with Influenza-Like Illness Should be Away from Others  
<http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>
- Updated Interim Recommendations for the Use of Antiviral Medications in the Treatment and Prevention of Influenza for the 2009-2010 Season  
<http://www.cdc.gov/h1n1flu/recommendations.htm>
- For general information about H1N1 and other guidance documents, visit the CDC webpage [http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)

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