



Health & Human Services Department  
Public Health Division  
(510) 981-5300

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**Health Alert**  
July 2, 2009  
**H1N1 (Swine) Influenza**

**ACTIONS REQUESTED OF CLINICIANS**

**Current Situation**

Novel H1N1 Influenza activity in California is increasing. California hospital admissions and emergency room visits due to flu are higher than what is normally seen at this time of year. Most confirmed cases of influenza in northern California are now due to novel influenza A H1N1 virus. Local and regional case totals are available at <http://www.cdph.ca.gov/>.

**Updates**

- **Submit respiratory specimens** for PCR testing by the Public Laboratory System *only from the following patients*:  
Patients with influenza-like illness who **ALSO** meet at least one of the following criteria:
  - a) Died
  - b) Hospitalized
  - c) Lives in a long-term care facility (only first case at each facility will be tested)
- **Report to the City of Berkeley Public Health Division** (510-981-5300 or fax 510-981-5345) patients with influenza-like illness who meet one of the following criteria:
  - a) Died
  - b) Severely ill (hospitalized and requiring ICU care)
  - c) Resident of a long-term care or large group residential facility
  - d) Part of an outbreak of influenza-like illness in an institutional setting

**Guidelines**

The CDC and CDPH have issued important new guidelines. We strongly urge you to read them.

- CDC - Interim guidance for use of 23-valent pneumococcal polysaccharide vaccine (6/9/09)
- CDC -Interim guidance on Day and Residential Camps (6/14/09)
- CDC -General Business and Workplace Guidance for the Prevention of Novel Influenza A (H1N1) Flu in Workers (6/25/09)
- CDPH – Interim guidance for Employers and Employees (6/24/09)

**Treatment**

We continue to recommend the current CDC guidelines for antiviral treatment and prophylaxis. Please note that **obesity (BMI>30)** appears to be a risk factor based on preliminary data.

**Since the situation may change rapidly, your best sources for information are:**

- Center for Disease Control (CDC): <http://www.cdc.gov/swineflu/>
- California Department of Public Health (CDPH): <http://www.cdph.ca.gov/>
- City of Berkeley Public Health Division: <http://www.ci.berkeley.ca.us/publichealth>