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## **Emerging 2009 Swine Flu Outbreak in U.S.**

### **University of Colorado Hospital**

#### **INFECTION CONTROL RECOMMENDATIONS AS OF 9:45 AM 4/30/09**

##### **ALL UCH PERSONNEL**

Symptoms of swine flu are those of seasonal influenza: fever, cough, muscle aches, runny nose, AND in a lot of cases, vomiting and diarrhea. Incubation period is 1-3 days, patients may be infectious for 1-2 days prior to symptoms and infectious up to 7 days after symptoms start.

Similar to seasonal influenza those with mild symptoms should stay home, self treat and practice preventative measures to prevent spread of the virus.

[http://www.cdc.gov/swineflu/general\\_info.htm](http://www.cdc.gov/swineflu/general_info.htm)

**Patients can contact the Colorado Help Line - COHelp at 1-877-462-2911 for more information.**

Patients with respiratory distress, prolonged vomiting or are otherwise significantly ill should call their health care provider for guidance.

Effective surface decontamination agents against Swine flu:

- Alcohol hand rubs
- Soap and water
- Hospital disinfectants
- Household disinfectants such as Lysol

**PERFORM HAND HYGIENE upon entry and exit from patient rooms and at all other appropriate opportunities.**

If you are ill, especially with the above symptoms, do not come to work. See your personal care provider for treatment. Contact Employee Health & Wellness Clinic 720-848-6849 for return-to-work guidance.

Follow CDC guidelines for avoidance of exposure and illness: [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

##### **SCREENING**

Current recommendations from the CDPHE (conference call 4/26/09) are that patients with mild illness should stay at home regardless of travel history. **Patients can contact the Colorado Help Line - COHelp at 1-877-462-2911 for more information.**

## **AMBULATORY CARE CLINICS and ED**

Clinic staff:

Mask (surgical mask for the patient) patients with signs/symptoms of respiratory disease.

Screen for travel history to Mexico, southern CA, southern TX, other areas currently known to have confirmed cases of swine flu OR history of recent contact with ill persons who have traveled to these places within the last week.

Booking the Appointment

Consider the possibility of booking/clustering these patients towards the end of the day to minimize exposure to other patients.

Make note in appointment that patient has symptoms of flu to allow front desk and staff to be prepared for the patients arrival and care.

If travel history positive -

Place patient in exam room as soon as possible after recognition of symptoms and positive travel history.

Wear gloves, N95 and eye protection to enter exam room.

After patient leaves the exam room, wipe down horizontal surfaces and other items the patient touched with CaviWipes.

**Perform hand hygiene** – alcohol based hand rubs are effective against flu viruses.

For moderately to severely ill patients seen in the ED and clinic systems consider screening for swine influenza based on the current CDC case definition as of 4/24/09:

A suspected case of swine influenza A (H1N1) virus infection is defined as a person with acute febrile respiratory illness with onset within 7 days of close contact with a person who is a confirmed case of swine influenza A (H1N1) virus infection.

*Close contact* is defined as: within about 6 feet of an ill person who is a confirmed or suspected case of swine influenza A (H1N1) virus infection.

Acute respiratory illness is defined as recent onset of at least two of the following: rhinorrhea or nasal congestion, sore throat, cough (with or without fever or feverishness)

Clinicians should consider swine influenza A (H1N1) virus infection in the differential diagnosis of patients with febrile respiratory disease and who 1) live in San Diego and Imperial Counties, California, or Guadalupe County, Texas, or traveled to these counties or 2) who traveled recently

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to Mexico or were in contact with persons who had febrile respiratory illness and were in the two U.S. counties or Mexico in the 7 days preceding their illness onset.

These screening recommendations are focused to avoid overloading the reference laboratory with specimens.

The UCH rapid screen for influenza A will probably not detect swine influenza. There is however still seasonal influenza A in the community. Samples for swine influenza testing must be obtained with nasopharyngeal swab or wash and sent to the CDPHE for testing. Coordinate this with the UCH virology laboratory.

If a patient is sent from the clinic for admission or testing they should wear a surgical mask when out of their room.

## **INPATIENT CARE**

Airborne and Contact Precautions on admission. If negative pressure room not available, use single bed room with DOOR CLOSED.

Wear gloves, N95, gown and eye protection to enter patient room.

Patient should stay in room at all times except for transport to diagnostic tests that cannot be brought to the patient.

Put surgical mask on patient if necessary to transport patient from room to other department(s). Have patient perform hand hygiene before leaving room.

Caregivers should perform **HAND HYGIENE** upon entry and exit from patient room.

No enhanced housekeeping routines are required. Routine daily and discharge patient room cleans are appropriate.

Alcohol hand rubs, soap and water and hospital disinfectants are effective against flu viruses.

## **Treatment**

Treat as any other influenza A case, also consider bacterial complicating infections.

The swine influenza virus is resistant to the antiviral medications amantadine and rimantadine, but is sensitive to oseltamivir and zanamivir. The swine flu cases reported in the US have to date been relatively mild with only one hospitalization. If seasonal influenza is a possibility in moderately or severely ill patients consider dual coverage with rimamatinidene as seasonal influenza is resistant to oseltamivir.

Supplies of drugs used to treat swine flu are currently being inventoried by the UCH Pharmacy. If we need to prioritize their use, you will be notified.

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## Resources

[http://www.cdc.gov/swineflu/guidelines\\_infection\\_control.htm](http://www.cdc.gov/swineflu/guidelines_infection_control.htm)

[Interim Guidance for Swine influenza A \(H1N1\): Taking Care of a Sick Person in Your Home](#)