



*Department of Public Health*  
Monroe County, New York

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**To: Monroe County Pediatricians, Family Health Physicians, School-Based Health Centers**

**From: Monroe County Department of Public Health**

**Re: H1N1 Status Report and Recommendations**

June 12, 2009

On June 11, 2009 the WHO declared the novel H1N1 influenza outbreak to be a pandemic. The reason to elevate the pandemic alert to 6 is due to the spread and sustainable person to person transmission of the disease across continents. **It does not mean that the severity of the outbreak has changed.**

**In Monroe County, the Novel H1N1 virus transmission is presently widespread.** Any patient testing positive for Flu A should be assumed to have the Novel H1N1 virus. Stopping the spread of the infection at this time is difficult. Our goal is to try to decrease the impact by voluntary isolation and treatment and prophylaxis of high risk patients.

**The disease:** The novel H1N1 is causing disease similar to seasonal influenza but is affecting children and young adults more commonly than the elderly. Fifty eight percent of the positive Flu A cases reported locally are below the age of 19 years and 20% are between the ages of 20-29 years.

**Exclusion from school:** Customarily, children with mild viral illness are not excluded from school for a full week. However, to protect children with underlying medical conditions, **Monroe County schools will follow a strict 7 day exclusion policy** for children with ILI (fever of 100<sup>0</sup> F with sore throat or cough) even if symptoms have been mild and resolved quickly. Please support the school exclusion policy and make it clear to parents that not following the exclusion policy puts vulnerable children at risk. The NYSDOH might modify the duration of school exclusion in the future. If that happens we will inform you.

**Testing:** Because novel H1N1 illness is widespread, **we do not recommend testing for flu** healthy children presenting to your office with a febrile influenza- like illness unless testing will affect your management. Testing should be limited to

- Children hospitalized for acute febrile respiratory illness (fever and influenza-like illness (ILI), pneumonia, ARDS, or respiratory distress).
- Non-hospitalized children who have ILI and who are at high-risk for severe disease.

**Treatment and prophylaxis** with antivirals is recommended for children less than 5 years, hospitalized children and children with underlying medical conditions especially asthma (view full list of conditions and clinical guidance for children at [http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/clinical\\_guidance\\_for\\_children.htm](http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/clinical_guidance_for_children.htm))

**For questions please contact the Disease Surveillance Unit at the MCDOH (phone number: 753 5164, after-hours 753-5905)**

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