

You are subscribed to updates from the Centers for Disease Control and Prevention (CDC).

NOTE TO SUBSCRIBERS TO "RECENT OUTBREAKS AND INCIDENTS"

This will be the last regular H1N1 flu update sent to subscribers to [Recent Outbreaks and Incidents](#). If you are a subscriber to that list and would like to continue to receive updates on H1N1 flu, please visit the [CDC H1N1 Flu website](#) to sign up for the H1N1 flu email updates.

UPDATE ON THE SITUATION

A New Virus Emerges

Novel influenza A (H1N1) is a new flu virus of swine origin that was first detected in April, 2009. The virus is infecting people and is spreading from person-to-person, and has sparked a growing outbreak of illness in the United States with an increasing number of cases being reported internationally as well.

CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming days and weeks because the population has little to no immunity against it. Novel influenza A (H1N1) activity is now being detected in two of CDC's routine [influenza surveillance systems](#) as reported in the [May 8, 2009 FluView](#) (PDF). *FluView* is a weekly report that tracks U.S. influenza activity through multiple systems across five categories.

The May 8 *FluView* found that the number of people visiting their doctors with influenza-like-illness is higher than expected in the United States for this time of year. Second, laboratory data shows that regular seasonal influenza A (H1N1), (H3N2) and influenza B viruses are still circulating in the United States, but novel influenza A (H1N1) and "unsubtypable"* viruses now account for a significant number of the viruses detected in the United States.

It's thought that novel influenza A (H1N1) flu spreads in the same way that regular seasonal influenza viruses spread; mainly through the coughs and sneezes of people who are sick with the virus.

CDC continues to take aggressive action to respond to the outbreak. CDC's response goals are to reduce the spread and severity of illness, and to provide information to help health care providers, public health officials and the public address the challenges posed by this new public health threat.

Increased Testing

CDC has developed a PCR diagnostic test kit to detect this novel H1N1 virus and has now distributed test kits to all states in the U.S. and the District of Columbia and Puerto Rico. The test kits are being shipped internationally as well. This will allow states and other countries to test for this new virus. This increase in testing will likely result in an increase in the number of confirmed cases of illness reported. This, combined with ongoing monitoring through *Flu View* should provide a fuller picture of the burden of disease in the United States over time.

CDC is issuing updated [interim guidance](#) daily in response to the rapidly evolving situation.

Clinician Guidance

CDC has issued interim guidance for [clinicians on identifying and caring for patients](#) with novel H1N1, in addition to providing interim [guidance on the use of antiviral drugs](#). Influenza antiviral drugs are prescription medicines (pills, liquid or an inhaler) with activity against influenza viruses, including novel influenza H1N1 viruses. The priority use for influenza antiviral drugs during this outbreak is to treat severe influenza illness, including people who are hospitalized or sick people who are considered at high risk of serious influenza-related complications.

Public Guidance

In addition, CDC has provided guidance for the public on [what to do if they become sick with flu-like symptoms](#), including infection with novel H1N1. CDC also has issued instructions on [taking care of a sick person at home](#). Novel

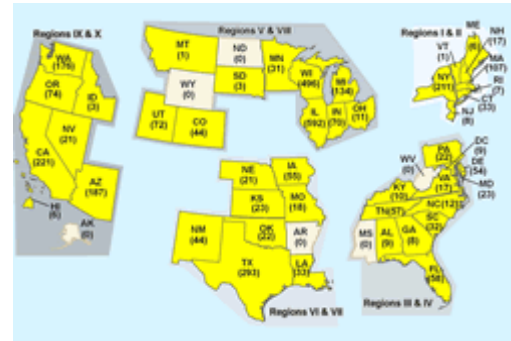
H1N1 infection has been reported to cause a wide range of symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. In addition, a significant number of people also have reported nausea, vomiting or diarrhea. Everyone should take everyday preventive actions to stop the spread of germs, including frequent hand washing and people who are sick should stay home and avoid contact with others in order to limit further spread of the disease.

**Unsubtypable viruses are viruses that through normal testing cannot be subtyped as regularly occurring human seasonal influenza viruses. In the context of the current outbreak, it's likely that most of these unsubtypable viruses are novel H1N1.*

U.S. HUMAN CASES OF H1N1 FLU INFECTION

As of May 13, 2009, CDC has confirmed 3,352 human cases and 3 deaths in 45 states (including the District of Columbia):

- Alabama: 9
- Arizona: 187
- California: 221
- Colorado: 44
- Connecticut: 33
- Delaware: 54
- Florida: 58
- Georgia: 8
- Hawaii: 6
- Idaho: 3
- Illinois: 592
- Indiana: 70
- Iowa: 55
- Kansas: 23
- Kentucky: 10
- Louisiana: 33
- Maine: 6
- Maryland: 23
- Massachusetts: 107
- Michigan: 134
- Minnesota: 31
- Missouri: 18
- Montana: 1
- Nebraska: 21
- Nevada: 21
- New Hampshire: 17
- New Jersey: 8
- New Mexico: 44
- New York: 211
- North Carolina: 12
- Ohio: 11
- Oklahoma: 22
- Oregon: 74
- Pennsylvania: 22
- Rhode Island: 7
- South Carolina: 32
- South Dakota: 3
- Tennessee: 57



- Texas: 293 (2 deaths)
- Utah: 72
- Vermont: 1
- Virginia: 17
- Washington: 176 (1 death)
- Washington, D.C.: 9
- Wisconsin: 496

For more information, see the [CDC H1N1 Flu website](#).

INTERNATIONAL HUMAN CASES OF H1N1 FLU INFECTION

For information about the global situation, see the [World Health Organization website](#).

WHAT YOU CAN DO TO STAY HEALTHY

- **Stay informed.** This website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Call 1-800-CDC-INFO for more information.

For more information on what you can do to stay safe and healthy, check the [CDC H1N1 Flu website](#).

ADDITIONAL UPDATES ON THE CDC H1N1 FLU WEBSITE

To learn about other recent updates made to the CDC H1N1 Flu Website, please check the "What's New" page on the [CDC H1N1 Flu website](#).

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