

From: CDC [mailto:cdc@service.govdelivery.com]
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Subject: CDC H1N1 Flu Website Weekly Update for Week Ending May 22, 2009

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UPDATE ON THE SITUATION

A New Influenza Virus

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, sparking a growing outbreak of illness in the United States. An increasing number of cases are being reported internationally as well.

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.

It's uncertain at this time how severe this novel H1N1 outbreak will be in terms of illness and death compared with other influenza viruses. Because this is a new virus, most people will not have immunity to it, and illness may be more severe and widespread as a result. In addition, currently there is no vaccine to protect against this novel H1N1 virus. CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming days and weeks.

Novel influenza A (H1N1) activity is now being detected through CDC's [routine influenza surveillance systems](#) and reported weekly in FluView. CDC tracks U.S. influenza activity through multiple systems across five categories. The fact that novel H1N1 activity can now be monitored through seasonal surveillance systems is an indication that there are higher levels of influenza-like illness in the United States than is normal for this time of year. About half of all influenza viruses being detected are novel H1N1 viruses.

CDC Response

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.

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.

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.

See also the [FluView Surveillance Report](#) for the week ending May 16, 2009.

U.S. HUMAN CASES OF H1N1 FLU INFECTION

As of May 22, 2009, 11:00 AM ET, CDC is reporting **6,552 confirmed and probable cases** and **9 deaths** in **48 states** (including the District of Columbia):

Alabama	66 cases	0 deaths
Arkansas	3 cases	0 deaths
Arizona	520 cases	2 deaths
California	553 cases	0 deaths
Colorado	59 cases	0 deaths
Connecticut	81 cases	0 deaths
Delaware	94 cases	0 deaths
Florida	129 cases	0 deaths
Georgia	27 cases	0 deaths
Hawaii	33 cases	0 deaths
Idaho	18 cases	0 deaths
Illinois	877 cases	0 deaths
Indiana	106 cases	0 deaths
Iowa	71 cases	0 deaths
Kansas	34 cases	0 deaths
Kentucky	22 cases	0 deaths
Louisiana	86 cases	0 deaths
Maine	9 cases	0 deaths
Maryland	41 cases	0 deaths
Massachusetts	197 cases	0 deaths
Michigan	176 cases	0 deaths
Minnesota	39 cases	0 deaths
Mississippi	7 cases	0 deaths



Missouri	24 cases	1 death
Montana	10 cases	0 deaths
Nebraska	29 cases	0 deaths
Nevada	32 cases	0 deaths
New Hampshire	23 cases	0 deaths
New Jersey	47 cases	0 deaths
New Mexico	97 cases	0 deaths
New York	327 cases	1 death
North Carolina	12 cases	0 deaths
North Dakota	5 cases	0 deaths
Ohio	14 cases	0 deaths
Oklahoma	50 cases	0 deaths
Oregon	101 cases	0 deaths
Pennsylvania	73 cases	0 deaths
Rhode Island	9 cases	0 deaths
South Carolina	36 cases	0 deaths
South Dakota	4 cases	0 deaths
Tennessee	89 cases	0 deaths
Texas	900 cases	3 deaths
Utah	122 cases	1 death
Vermont	2 cases	0 deaths
Virginia	25 cases	0 deaths
Washington	494 cases	1 death
Washington, D.C.	13 cases	0 deaths

Wisconsin	766 cases	0 deaths
TOTAL*(48)	6,552 cases	9 deaths

NOTE: Because of daily reporting deadlines, the state totals reported by CDC may not always be consistent with those reported by [state health departments](#). If there is a discrepancy between these two counts, data from the state health departments should be used as the most accurate number.

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

INTERNATIONAL HUMAN CASES OF H1N1 FLU INFECTION

As of 06:00 GMT, 23 May 2009, 43 countries have officially reported 12,022 cases of influenza A(H1N1) infection, including 86 deaths. For information about the global situation, see the [World Health Organization website](#).

H1N1 FLU RESOURCES FROM YOUR STATE

CDC now provides a list of links to the official H1N1 flu websites of the health departments of all 50 states plus the District of Columbia. [Visit your state's H1N1 flu 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 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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