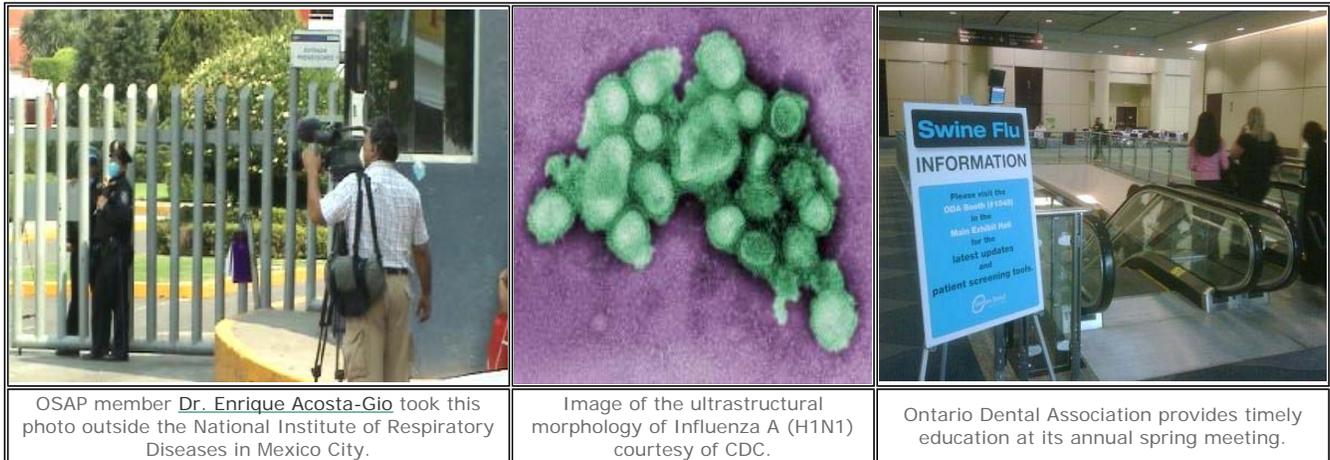


Influenza A (H1N1) Virus formerly known as "Swine Flu" Resources for Dental Professionals (5.3.09)

Nature's reminder of the importance of infection prevention practices

WHAT is it.....**WHERE** is it happening.....**HOW** does it spread.....**HOW** can we **prevent** it.....**INFO** for **dental facilities**.....
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WHAT is Swine Flu

Swine Influenza is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond a few people.

The United States Centers for Disease Control and Prevention (CDC) has determined that this Influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people. Symptoms for swine flu include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

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WHERE is it happening

The World Health Organization (WHO) is coordinating the global response to human cases of H1N1. In its 11th update as of 06:00 GMT, May 3, 17 countries have officially reported 787 cases of influenza A (H1N1) infection. Mexico has reported 506 confirmed human cases of infection, including 19 deaths. The following countries have reported laboratory confirmed cases with no deaths: Austria (1), Canada (70), China, Hong Kong Special Administrative Region (1), Denmark (1), France (2), Germany (6), Ireland (1), Israel (3), Netherlands (1), New Zealand (4), Republic of Korea (1), Spain (13), Switzerland (1) and the United Kingdom (15). According to the Centers for Disease Control and Prevention (CDC), as of May 3 at 11:00 am ET, the United States has 226 confirmed cases of swine influenza A (H1N1) with one death.

Dr. Margaret Chan, WHO's Director-General raised the level of influenza pandemic alert from phase 4 to phase 5. In her statement on April 29, she said that all countries should immediately activate their pandemic preparedness plans. At this stage, effective and essential measures include heightened surveillance, early detection and treatment of cases and INFECTION CONTROL in all health facilities. This change to a higher phase of alert is a signal to governments, to ministries of health and other ministries, to the pharmaceutical industry and the business community that certain actions should now be undertaken with increased urgency, and at an accelerated pace. At this point, WHO recommended NOT to restrict international travel. It is considered prudent for people who are ill to delay international travel and for people developing symptoms following international travel to seek medical attention.

Although not an official governmental source, Google Maps has an interesting video map showing the swine flu current and future evolution. Please note the color key. Another interesting map is the Global Incident Map which displays outbreaks of all varieties of diseases. It is searchable and automatically reloads every 360 seconds.

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HOW does it spread

Spread of swine flu is thought to be happening the same way that seasonal flu spreads; mainly from person to person through coughing or

sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Swine flu viruses are NOT spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. Children, especially younger children, might potentially be contagious for longer periods.

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface and then touches their own eyes, mouth or nose before washing their hands.

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HOW can we prevent it

CDC recommends that affected states with at least one laboratory-confirmed case of swine influenza A (H1N1) virus infection consider activating community mitigation interventions for affected communities.

For those states WITHOUT laboratory-confirmed cases of H1N1 virus, use these everyday steps to protect your health:

- 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 hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

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INFO for dental facilities

The CDC posted on April 30 specific guidance on the "Prevention of Swine Influenza A (H1N1) in the Dental Healthcare Setting". As more details emerge, the CDC will be updating the dental profession on recommendations for dental facilities.

One of the resources mentioned in the above dental guidance is CDC's Respiratory Hygiene/Cough Etiquette in Healthcare Settings. OSAP encourages the dental team to review this site as it addresses visual alerts, respiratory hygiene/cough etiquette, masking and separation of persons with respiratory symptoms and droplet precautions. It also has downloadable charts and recommendations on how and where to use them.

Downloadable Dental Protocols and Scripts include:

- [Protocol for Managing Dental Patients with Confirmed or Suspected Respiratory Infections](#)
- [Script for Front Office Staff for Early Identification and Referral of Patients with Flu-Like Symptoms](#)
- [Screening Form, Office Signage and Advice from the Canadian Dental Association](#)
- Dental School Communications - Internal and External:
[UOP Student, Faculty and Staff Notification on Swine Flu](#) (reprinted with permission)
[UOP Patient Notification on Swine Flu](#) (reprinted with permission)

Additional resources for dental offices include:

- http://www.ada/prof/resources/topics/swine_flu.asp
- [Fact Sheet on Preventing the Flu: Good Health Habits Can Stop Germs](#) from CDC (may be emailed or printed to distribute and post)
- [CDC Flu Prevention Toolkit](#)
- For those who are interested in reading more on influenza, the plague, epidemics and other infection-related books, visit [OSAP's new Safety Mall](#) and check out our recommendations in the Bookstore. [Please let us know](#) if you can suggest other titles to share with like-minded readers.

Education addressing swine flu:

- OSAP's symposium - [Infection Prevention Spread the Word](#) - June 11-14, 2009 in Plano (Dallas), TX is offering at courses that will address this issue. **Dr. Michael Glick will present on Emerging Diseases with Special Focus on Swine Flu and Dr. Molly Newlon will present on the "6 P's of Emergency Preparedness"** in which swine flu will be covered. (*6Ps - Prior Proper Preparation Prevents Poor Performance*). This symposium is a MUST ATTEND for educators, consultants and speakers.
- **A conference just for Dental Assistants** - the [Professional Dental Assisting Conference \(PDA\)](#) - June 11-13 in Plano (Dallas), TX will include late breaking information on swine flu that dental assistants can implement. This is in addition to the line-up of courses designed to help dental assistants rejuvenate their knowledge, career and life!

Click [HERE](#) for [CDC's Guidance for Clinicians and Public Health Officials](#).

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MORE information

[Canada Public Health Agency](#)

[Centers for Disease Control and Prevention \(CDC\). Mitigation.](#)

European Centre for Disease Prevention and Control. [Swine influenza A \(H1N1\). Swine influenza frequently asked questions.](#)

Mexico - Secretaria de Salud. [Alerta preventiva por brote de Influenza](#) - Spanish Only

[Pan American Health Organization \(PAHO\).](#)

[United Kingdom's Health Protection Agency \(HPA\) Swine Influenza site.](#)

[US White House Briefing Room.](#) Homeland Security Secretary Janet Napolitano announced on April 26 that the Department of Health and Human Services declared a public health emergency in the U.S. "That sounds more severe than really it is. This is standard operating procedure and allows us to free up federal, state, and local agencies and their resources for prevention and mitigation..." Click [HERE](#) for complete transcript.

[World Health Organization \(WHO\)](#) is coordinating the global response to human cases of swine influenza A (H1N1). Information on this page tracks the evolving situation and provides access to both technical guidelines and information useful for the general public.

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OSAP members report from Ground Zero and other locations

Dr. Acosta-Gio's second report. Saturday, May 2 at 11:58 am

Mexico City hosts one of the most dense human populations in the world. In an effort to slow and contain the dissemination of influenza H1N1, the authorities recommended that people stay at home. In Mexico, this "social distancing" has been voluntarily followed by most of the population. To some people, however, these measures are reminiscent of a stage of siege and are cause of much anxiety. Indeed, a significant part of the population feels uninformed, "forcibly" secluded, vulnerable, impotent, and subject to a dictatorial-like state that tells them what to do.

In the course of responding to people's concerns, as (infection control) specialists we must bring to the public's attention the true nature of infection prevention and control measures. Infection control empowers each of us to individually reduce the possibilities for transmissible diseases to jump from an infected person to a new susceptible host. When each individual acts responsibly society accomplishes the common objective to contain the outbreak. Contrary to what people perceive as an intervention of "Big Brother" government into our lives, with its recommended social distancing, authorities facilitate each individual's compliance. Each of us in in control!

Dr. Fritz Stauffer reports from Vienna, Austria on Sunday, May 3 at 6:52 am

I have tried to take a few photos of people with masks in the street or metro, but it was not possible, because the swine flu was only a topic for two days in the newspapers. But what I have done was to get information about "our" first confirmed case. She was visiting her parents in Guatemala and on her return, she may have caught the virus in the Mexico City airport. Back in Vienna she went to the hospital with the typical symptoms and was immediately diagnosed and sent directly to an isolation ward. She recovered very quickly and is in good condition.

Therefore our primary goal in dental clinics is to "diagnose" a possible case very early (by asking on the telephone of having any symptoms of flu).

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