H1N1 Virus - Revised Guidelines for Residents

Suspect H1N1 Flu and Mask Patients with Symptoms of Influenza

- The Virginia Department of Health reports (6-5-09) that **H1N1 is the only flu virus isolated in Virginia** in the last several weeks.
- **Mask patients with flu-like symptoms** (fever and respiratory symptoms [cough and/or sore throat]) with a PROCEDURE, SURGICAL, or ISOLATION MASK unless medically contraindicated.
- **Standard and Droplet Precautions** should be followed for patients with Novel H1N1 rather than Airborne Precautions isolation.

Illness Signs and Symptoms
- Fever and respiratory tract illness (cough, sore throat, runny nose)
- Headache
- Muscle aches
- Cough
- Fever
- Vomiting and diarrhea (in some cases)

Incubation and Infectious Period
- The incubation period is believed to be similar to seasonal flu 1-7 days, but more likely 1-4 days.
- Persons with H1N1 influenza virus infection should be considered potentially contagious for 1 day prior to symptoms and for up to 7 days following illness onset or until symptoms resolve; children may be infectious for a longer period of time.

Personal Protection – Wear PPE and sanitize hands
- **Healthcare personnel should wear a surgical or isolation mask** when caring for patients with suspected or confirmed cases.
- An N95 respirator should be used for **select procedures that are potentially aerosol-generating** (e.g. bronchoscopy, intubation, CPR, open-airway suctioning, and sputum induction).
- Practice good **hand hygiene by washing with soap and water or using hand sanitizer** immediately before & after patient contact, after removing gloves, handling equipment, and after any contact with respiratory secretions.

Exposure to H1N1 Virus
- H1N1 virus is in the community, **monitor yourself daily for symptoms**.
- **If you develop a fever and one or more symptoms noted above**, please **notify your supervisor and DO NOT report to work**.

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