

EMERGENCY PREPAREDNESS BUREAU FLU ADVISORY

January 8, 2010

VOLUNTEER UPDATE

Update on Massachusetts

H1N1 Activity

After a peak of influenza activity associated with the circulation of 2009 H1N1, influenza-like illness (ILI) decreased dramatically and then was below expected levels for a few weeks. ILI has increased over the past week, however, the number of sites reporting this week is low and so the ILI data should be interpreted with caution. As of January 7, 2010, 1912 confirmed cases of H1N1 have been reported throughout Massachusetts since April of 2009. To read this week's complete influenza report [click here](#).

The 2009 H1N1 virus is still causing sickness and serious illness. Flu is unpredictable and activity can rise and fall throughout the season, but flu is likely to continue for months, caused by either 2009 H1N1 viruses or regular seasonal flu viruses. Vaccination is the best protection. There is now more vaccine available, and many retail pharmacy stores have vaccine. Clinics are posted on <http://flu.masspro.org>.

National Influenza Vaccination Week, January 10-16, 2010

The number of people who get vaccinated against influenza typically drops after November. With more than 130 million doses of the 2009 H1N1 vaccine available, and with flu illness declining in many areas, Americans who have not been vaccinated have a window of opportunity to protect themselves and their loved ones. Encouraging more people to get vaccinated over the next several weeks could prevent serious illness and death. That's why the Department of Health and Human Services designated January 10-16, 2010, as National Influenza Vaccination Week. One of the many goals for National Influenza Vaccination Week is to engage at-risk audiences who are not yet vaccinated, hesitant about vaccination, or unsure about where to get vaccinated.

Monday, January 11, 2010 is the official vaccination day for both health care workers and the general public. Now that more 2009 H1N1 vaccine is available and high risk groups have had the opportunity to get vaccinated, anyone 6 months or older in the general public is encouraged to get vaccinated against 2009 H1N1 flu. Health care workers are among those at high risk of getting and spreading the flu to high risk patients, so it's important that health care or emergency medical services personnel that haven't received their 2009 H1N1 vaccine yet get vaccinated as soon as possible.

CDC Update

During the week of December 27, 2009-January 2, 2010, influenza activity decreased slightly in the U.S. Four influenza-associated pediatric deaths were reported to CDC during week 52. All four deaths were associated with 2009 influenza A (H1N1) virus infection. The deaths reported during week 52 occurred between September 13 and December 19, 2009.

The CDC provides [updated 2009 H1N1 vaccine supply and distribution data](#) daily at around 12:00pm on their website.

In addition, the CDC posted a number of new and updated resources on its website



<http://www.cdc.gov/h1n1flu/>. Included are:

Fact Sheet: Safety of Thimerosal in Vaccines Against H1N1 Flu

http://www.cdc.gov/h1n1flu/vaccination/vaccine_factsheet.htm

Updated: Flu information for People with Diabetes and Caregivers of People with Diabetes

http://www.cdc.gov/h1n1flu/diabetes/diabetes_factsheet.htm

Podcast: Antiviral Drugs for the 2009-2010 Influenza Season

<http://www2.cdc.gov/podcasts/player.asp?f=175219#>

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