



Novel H1N1 Influenza (Swine Flu)

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Novel H1N1 Influenza (Swine Flu)

Share this information with your parents.

What is H1N1 (Swine Flu or Novel H1N1)?

Novel H1N1 (aka "swine flu" or H1N1) is a new influenza virus that was first detected in people in the United States in April 2009.

The U.S. Centers for Disease Control and Prevention (CDC) is still learning about the severity of the virus. At this time, there is not enough information to predict how severe the outbreak will be in terms of illness and death or how it will compare with seasonal influenza.

Contagion

CDC has determined that the H1N1 virus is contagious and is spreading from human to human.

Like the seasonal flu, certain people may be at higher risk of severe illness, including persons with certain chronic medical conditions, persons ages 65 or older, children younger than 5 years old, and pregnant women.

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus. If you are in a high-risk group for complications from influenza, attempt to avoid close contact (within six feet) with others who are sick with influenza-like symptoms.

The overall risk of contracting a disease from an ill person onboard an airplane is similar to that in other confined areas with high occupant density, such as a bus, a subway, or movie theatre for a similar time of exposure; anywhere where a person is in close contact with others. The majority of modern, large, commercial aircrafts, which use a recirculation type of cabin air system, utilize HEPA filters. A small number of older aircraft types have filters with lower efficiencies.

The World Health Organization (WHO) is not recommending travel restrictions.

Symptoms

- Similar to the symptoms of the seasonal flu, which can include:
 - fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue
 - many people also have reported diarrhea and vomiting

Also, like the seasonal flu, severe illnesses and death have occurred as a result of illness associated with this virus.

Spread of the Virus

- It is thought to be happening in the same way that seasonal flu spreads:
 - Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza.
 - Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Before Your Trip

- CDC recommends that travelers at high risk for complications from any form of flu (e.g., immunosuppression or chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders, etc.) discuss their travel plans with their doctor. Together, they should look carefully at the situation in their destination and the available health care options in the area. They should discuss the specific health condition and possible increased risk of traveling to the area affected by H1N1 flu with their health practitioners.
- If you are traveling to an area where cases of H1N1 flu are being reported, the following recommendations will help you: 1) reduce your risk of infection (e.g., wash your hands often, stay away from sick people, etc.) and 2) stay healthy (e.g., get plenty of rest, eat balanced meals, drink water, etc.).
- EAP **strongly** encourages you to purchase trip cancelation/interruption insurance coverage. Most of these policies cover cancelations due to weather, sudden illness or death, jury duty, and bankruptcy of airline before departure.

Prepare for Your Trip

- Stay informed. Check updates on the CDC and UOEAP websites.
- Be sure you are up-to-date on [routine vaccinations](#), including the seasonal influenza vaccine, when available.
- Find out about other health risks and travel recommendations for your destination.
- Pack a [travel health kit](#) with basic first aid and medical supplies.
- Identify health care resources in the area(s) you will be visiting.
- Read the [EAP Sickness and Accident insurance plan](#).
- Purchase trip cancelation/interruption insurance coverage.

Check Your Own Health

- Do not travel if you are sick.
- If you have flu-like symptoms seven days before departure, contact your doctor. Check with your health care provider about any special care you might need, particularly if you have a chronic health condition. After seeing your doctor, contact the UOEAP Operations Specialist for your program if you will not arrive on time for the program. Stay home and avoid travel until at least 24 hours after you are free of fever (100° F [37.8°C]) or signs of a fever decrease without the use of fever-reducing medications. When the self-isolation period ends, continue to practice good respiratory etiquette and hand hygiene and avoid close contact with people you know to be at increased risk of influenza-related complications.

Upon Arrival

- Health authorities around the world are monitoring the situation as cases have been identified in many countries.
- The United States has the highest number of H1N1 confirmed and probable cases in the world, so flights from the United States arriving in other countries may be specifically targeted for

screening. You may be checked for fever and other symptoms of H1N1 flu, and your travel may be delayed. If you are picked up by a temperature scanning machine as displaying symptoms, do not be alarmed if you are quarantined until tests are carried out. For more information about possible H1N1 flu screening for international travelers, refer to the [CDC website](#).

- Some countries are using thermal scanners to monitor the temperature of all incoming passengers. If you have a fever or respiratory symptoms, have been sitting in the plane next to someone with flu-like symptoms, or are suspected of having H1N1 flu based on a screening, you may be asked to:
 - Be isolated from other people until you are well
 - Have a medical examination
 - Take a rapid flu test (which consists of a nasal swab sample)
 - Be hospitalized and given medical treatment, if you test positive for novel H1N1 flu
- If you experience symptoms following travel or 7 days after arrival, call the Study Center Director/staff or Liaison Officer immediately, seek medical attention if you have pre-existing chronic health condition and/or your condition suddenly gets much worse, and limit your contact with other people as much as possible. **Wear a facemask (N95 respirator preferred) when sharing common spaces with other people to help prevent spreading the virus to others.**
- **Follow local guidelines**
 - Pay attention to announcements from the local government, follow their instructions, and stay current with the local health and security situation.
 - If you are sick, you may be asked to wear a surgical mask to protect others or to stay in your home or a quarantine hotel to prevent the spread of the virus.
 - Follow any movement restrictions and prevention recommendations.

Prevention and Treatment

The best way to protect yourself is by following good hygiene practices:

- Currently, there is no vaccine available to protect against the H1N1 virus.
- There are simple, everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take These Everyday, Logical, Steps to Protect Your Health

1. Carry tissues with you at all times and cover your nose and mouth with a tissue when you cough or sneeze.
 - *Dispose of the tissue in the trash immediately after you use it.*
2. Hand washing is the single most important thing you can do to prevent the spread of a cold or flu virus
 - CDC recommends washing your hands, with soap and warm water, for 15-20 seconds each time.
3. Avoid touching your eyes, nose, and mouth to prevent the spread of germs.
4. In the absence of soap and water, alcohol-based hand sanitizers (containing at least 60 percent alcohol) are also effective.

- If using gel, rub your hands until the gel is dry. The gel does not need water to work; the alcohol in it kills the germs on your hands. Avoid close contact with sick people.
- 5. **Stay home if you are sick for at least 24 hours after you are free of fever (100° F [37.8° C]), or signs of a fever decrease without the use of fever-reducing medications.** When the self-isolation period ends, you should continue to practice good respiratory etiquette and hand hygiene and avoid close contact with people you know to be at increased risk of influenza-related complications.
- 6. **Antiviral medications** can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications. Ask a health care provider whether you need antiviral medication.

Other important actions that you can take are:

- Follow public health advice and avoid crowds.
- Be prepared in case you get sick and need to stay home for a week or so (if you have a fever, it can last two to four days); a supply of over-the-counter medicines, alcohol-based hand rubs, tissues, and other related items will be useful and will prevent making trips out in public while you are sick and contagious. In addition, an adequate supply of nutrition (healthy food, fluids, and water) should be easily accessible to you. If you must leave the home (for example, for medical care), wear a facemask/respirator and cover your nose and mouth when coughing or sneezing.

For More Information:

- [U.S. Centers for Disease Control and Prevention](#)
- [International Air Travel Association](#)
- Frequently asked questions about swine influenza and air travel. May 11, 2009 [[Full text](#)]
- [University of California, Education Abroad Program](#)
- [U.S. Department of State](#)

Revised: 8/12/09

H1N1 Airport Screenings Around the UCEAP World

On July 16, 2009, the WHO the World Health Organization stopped producing global tables showing the numbers of confirmed cases for all countries. At this point, further spread of the pandemic, within affected countries and to new countries, is considered inevitable. However, regular updates will be provided describing the situation in the newly affected countries. The 2009 influenza pandemic has spread internationally with unprecedented speed. In past pandemics, influenza viruses have needed more than six months to spread as widely as the new H1N1 virus has spread in less than six weeks. Many epidemiologists have pointed out that, in reality, millions of people have had H1N1 flu, usually in mild form, so the numbers of laboratory-confirmed cases were actually meaningless.

AFRICA

GHANA

Passengers arriving in Ghana through the Kotoka International Airport (KIA) in Accra are being observed by surveillance teams for symptoms of swine flu, as the authorities step up preventive measures against the disease.

According to the Director of Port Health at the airport, passengers are being given fliers which contain information on symptoms of the disease. Anyone experiencing any symptoms is advised to immediately contact the Port Health Desk at the airport. Special arrangements have also been made to deal with any suspected cases that might be detected at the airport, but no such case has been detected so far.

SOUTH AFRICA

114 confirmed cases of H1N1 influenza have been reported in South Africa. The executive director at the National Institute of Communicable Diseases (NICD) said that the outbreak of H1N1 flu in South Africa was similar to ordinary seasonal flu.

NORTH AMERICA

CANADA

Canada has recorded more than 10,000 cases and dozens of deaths. Canada has recorded its first case of Tamiflu-resistant swine flu virus in a man who had been given the drug to prevent infection. This Tamiflu-resistant case is the fifth reported globally since the virus was detected in April. Denmark, Hong Kong and Japan earlier reported one case each.

The overall influenza activity level remain high for this time of the year, but has been decreasing compared to the previous weeks.

As of 15 July, 2009, all provinces and territories reported a total of 10,156 laboratory-confirmed cases of Pandemic (H1N1) 2009 including 1,115 hospitalizations. Among the hospitalized cases,

156 were admitted to ICU. Forty-five deaths have been reported to the Public Health Agency of Canada (PHAC).

Implementation of “passive screening” at border control checkpoints (airport and other) – essentially agents are checking for signs of infection through visual assessment and more intensified questioning especially for passengers arriving from affected countries.

MEXICO

According to Mexico's *Secretaría de Salud*, on 7/21 there were 14,861 confirmed cases of H1N1, including 138 deaths.

Arriving passengers must complete a short health form (available in English and Spanish) before security check.

UNITED STATES

The U.S. has experienced the greatest number of reported cases in the world with 40,617 cases, including 263 deaths. The government declared a public health emergency on 4/26/2009. Significant H1N1 illness has continued into the summer, with localized and in some cases intense outbreaks.

On July 20, 2009, the U.S. FDA announced that it has approved a vaccine for 2009-2010 seasonal influenza in the United States, which WILL NOT protect against the H1N1 influenza virus

The Obama administration warned Americans to be ready for an aggressive return of the virus in the fall, announcing plans to begin vaccinations in October and offering states and hospitals money to help them prepare.

According to the CDC, the H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing time and time needed to conduct clinical trials

According to the Director of the National Institute of Allergy and Infectious Diseases, the new H1N1 vaccine, to be made by five manufacturers, will be produced using the same methods as seasonal vaccines. The National Institute of Allergy and Infectious Diseases is sponsoring the trials.

CENTRAL AND SOUTH AMERICA

ARGENTINA

Argentina's health ministry reported that the official death toll has reached 137 in South America's worst-affected country.

Argentine authorities have taken a number of measures - including bringing forward school vacations, decreasing public celebrations and closing public gathering spaces - to limit spread of the virus.

The U.S. Department of State issued a Travel Alert on July 14, in response to a swine flu outbreak in Argentina. http://travel.state.gov/travel/cis_pa_tw/pa/pa_4540.html

Arriving passengers must complete a declaration of health.

BRAZIL

Health authorities said the number of deaths rose to 20. The Rio de Janeiro municipality is concerned about a lack of personnel and resources to combat the spread of the virus.

Arriving passengers will be asked to complete a mandatory health and contact detail form on the plane before landing. The completed form must be delivered to the health authorities at the airport and will be used to monitor possible infected passengers.

Airlines now have to carry masks on all flights as catering material. If one passenger shows any flu symptoms, a mask has to be provided to all passengers and crewmembers

CHILE

The week of July 13, Health Secretary Jeanette Vega predicted that the country was close to the end of a wave of cases associated with the southern hemisphere's winter season, despite 11,293 confirmed cases of infection and 68 deaths. Most of the flu cases have been reported in children and young adults under the age of 19.

Arriving passengers may be asked to complete a form for symptoms, pass a temperature scan at the Santiago airport.

COSTA RICA

On July 16, Costa Rican health officials have confirmed nine deaths from the virus. The confirmation of the latest two deaths was made by the ministra de salud, María Luisa Ávila. Costa Rica is at the highest peak of the pandemic.

Measures announced this week to combat the spread of the flu virus includes the extension of the mid-year school break by one week and strict health measures for the "romeria" (annual pilgrimage to Cartago) in two weeks.

Ministra Ávila explained that the romeria is a go, but health officials will be updating their advisory in the days before the walk, which may be cancelled if the situation in the country does not improve.

To date Salud officials have investigated some 4.500 reports of infection.

Costa Rica is requiring a health declaration for completion by all passengers on the plane. Arriving passengers with fever and at least one of the following symptoms: sore throat, nasal congestion, muscle and/or joint pain, cough, breathing difficulties or diarrhea, will be screened by a doctor on arrival at the airport. If suspected infected, and not a Costa Rican national or permanent resident, passenger will be denied entry.

ASIA-PACIFIC

AUSTRALIA

On June 17, 2009, the Federal Minister for Health and Ageing, after consultation with State and Territory governments, announced that Australia has developed a [new response phase](#) to manage the outbreak of Pandemic (H1N1) 2009. The current phase is called PROTECT. The current response phase means that the pandemic virus is mild in most but severe in some and moderate overall. This phase sits alongside CONTAIN and SUSTAIN phases with a greater focus on treating and caring for those more vulnerable to severe outcomes. PROTECT means a return to normal operations at Australia's international airports. Thermal scanners, clinical presence at airports and health declaration cards will not form part of the new response.

The outbreak is said to be putting the health system under strain in Australia, which has 15,701 confirmed cases and 43 deaths. Pregnant women and indigenous people are said to be particularly vulnerable.

The world's first human trials of a swine flu vaccine have begun in Australia.

CHINA

China has recorded just a few thousand cases of the virus, and no deaths - low numbers in a population of more than 1.3 billion.

It is employing strict controls to contain swine flu - trying to prevent infected people from getting into China, and quarantining those already there.

It says these tough policies are needed because of its high population and low hygiene standards in the countryside.

It has quarantined hundreds of foreign students and held New Orleans Mayor Ray Nagin when he visited in June.

The Beijing Capital Airport Entry-Exit Inspection and Quarantine Bureau requires incoming passengers to complete medical forms (Health Declaration Form on Entry/Exit) asking if they have any flu-like symptoms. As of July 16, 2009, Beijing airport authorities have discontinued systematic temperature checks of all passengers. This procedure will only be carried out if passengers with symptoms are reported on board. Pudong airport authorities will follow the

same policy. Local health authorities in China may impose quarantine measures. People who have had contact with infected people are also put into quarantine or under observation.

HONG KONG

Hong Kong has reported more than 2,000 since the first infection was announced on May 1.

Hong Kong's health department detected a strain of human swine influenza virus, or H1N1, that was resistant to Tamiflu, the main antiviral flu drug.

The Hospital Authority has opened eight Designated Flu Clinics (DFCs). DFCs provide service from 9 am to 5 pm, seven days a week. DFCs have stopped general outpatient services. Patients with other illnesses must seek medical treatment at other general outpatient clinics in the district or private practitioners.

All arriving and departing passengers and crew will be required to fill out the "Health Declaration Form" Port Health will re-enforce body temperature screening for arriving passengers and crew. More stringent checking will be imposed on flights from Mexico, USA, and Canada. Travelers with mild symptoms will be provided with a face mask and guidance notes for seeking medical consultation. Severe cases will be taken to public hospitals for medical examination.

JAPAN

All arriving passengers must complete a travel history questionnaire regarding visited countries and hand it over at the Quarantine office PRIOR to Immigration Inspection.

When advance information is provided about passengers suffering fever and other flu-like symptoms are observed before arrival, these passengers are required to complete the Questionnaire on Health Conditions and submit to the quarantine booth upon arrival.

KOREA

All passengers must complete a health questionnaire on arrival.

SINGAPORE

Singapore has confirmed more than 1,000 swine flu cases since the outbreak began in the country.

In line with WHO's recommendation, Singapore will now track the progress of the H1N1 outbreak through their influenza biosurveillance program and report on the number of confirmed cases still in the hospital

Members of the public who develop flu-like symptoms or influenza-like illness (e.g. fever, cough, sore-throat, runny nose) can visit the Pandemic Preparedness Clinics (PPC) or polyclinic for initial assessment and treatment. Doctors will exercise clinical judgment in prescribing antivirals (e.g. Tamiflu) on a case by case basis taking into account patients risk of developing influenza related complications, prevalence of Influenza A (H1N1-2009) in the community and

after weighing the risks and benefits of treatment. Depending on the severity of their illness and other risk factors, they may be referred to the hospital for further management. The hospitals will increasingly focus on managing more complex cases. PPCs or Pandemic Preparedness Clinics are primary healthcare providers that form a vital part of the Health Ministry's Flu Pandemic Response Framework. To locate the nearest PPC, the public can go to HPB website (<http://www.street-directory.com/hpb.ppc/>)

THAILAND

Thermal scanners are being used to detect people with high temperatures at airports in one of the region's worst-hit countries, with around 4,000 cases and at least 24 deaths.

All arriving passengers must complete a health questionnaire, which will be handed by crew on the plane.

VIETNAM

Passengers are requested to fill in health declaration form upon arrival of international flights.

Body temperature scanning will be done on arrival of international flights.

EUROPE

DENMARK

The first time, a case of swine flu has proven resistant to Tamiflu, was reported in a Danish patient. It appears the strain developed in a patient who was taking the drug to prevent illness.

FRANCE

France, which has a few hundred cases of infection and no deaths, says it has ordered 94m swine flu vaccine doses.

According to the French health minister, France is putting in place simple containment measures such as those recommended for seasonal flu.

It has also bought a billion "anti-projection" masks (for those already infected) and 723m protective masks (for preventative use).

GERMANY

Germany, which has under 1,000 recorded cases of swine flu, has ordered 50m doses of the flu vaccine.

It is braced for case numbers to surge as its well-travelled citizens return from their summer holidays around Europe and beyond.

It is planning to implement a mass vaccination program as part of an anti-swine flu drive in September - which will prioritize health and public workers, as well as pregnant women and the chronically ill.

HUNGARY

37 cases; one death

The Hungarian government Wednesday announced that mass-production of antiviral drugs to combat swine flu could begin in September.

IRELAND

According to the Department of Health and Children and Department of Foreign Affairs (DOHC and DFA), the numbers of H1N1 follow:

Newly confirmed cases since the last update: 17

Lab-confirmed cases of H1N1: 194

Number of in-country transmissions: 25

Advice has been made available to keep the public informed as to the up-to-date situation in Ireland. There is comprehensive guidance for the public in [The National Pandemic Influenza Plan](#).

DOHC and DFA published a travel advice on 7/23, which contains their current advice. They do not recommend Irish citizens postpone elective or non-essential travel to any area. recommend that travelers at risk of complications from any form of influenza such as those with chronic conditions (for example diabetes, lung disease, heart disease), elderly, pregnant women or children under 2 years of age, discuss the risk of travel to affected areas with their health care provider before deciding on travel. More information can be found, here: http://www.dohc.ie/issues/swine_influenza/travel_advisory.pdf?direct=1

ITALY

Italy's Health Ministry said that there had been 320 cases of H1N1 virus in Italy since April and that there had been 70 new diagnoses within the last week.

NETHERLANDS

A total of 211 people in the Netherlands, including 65 who contracted the disease in the Netherlands, have been diagnosed with swine flu, according to new figures from the public health institute RIVM

RUSSIA

Russia has recorded just nine confirmed cases. The government has warned of a "sharp" increase in the number of suspected cases, though it says all are among people who have travelled abroad, with no evidence so far of its transmission inside the country.

Public Health Chief Gennady Onishchenko warned that infections could spike in the fall.

Sanitary-quarantine control staffs are regularly inspecting passengers and aircraft arriving at airports with a focus on flights from Canada, the United States and Cuba. Flight crews are receiving regular medical examination and briefing at airports and asked to perform a visual check of passengers. Enhanced prevention efforts will continue until further order of the Head of ROSPOTREBNADZOR (the Russian Federal Service of Health Control) - chief state sanitary doctor of Russian Federation Gennady Onishchenko.

SPAIN

The first European country to confirm a case of the virus, Spain now has more than 1,300 cases and has recorded four deaths.

It is planning to vaccinate 40% of the population - the 30% considered to be at special risk plus another 10%.

All arriving passengers will complete a health form and receive preventive information about the flu.

If no in-flight illness is reported, the flight will deplane as normal. If possible cases are reported before landing, the plane will park at a remote stand and will be met there by Spanish Health Officials. Passengers to remain seated. On-board announcement to explain the situation.

TURKEY

All of the international airports have been equipped with thermal cameras and qualified medical teams both near the thermal cameras and in and out of the international terminals.

UK

The [National Pandemic Service hotline](#) started 7/23, giving thousands of swine flu sufferers access to drugs without needing to consult with a GP. The phone and website service is the first of its kind in the world. It has been designed to relieve pressure on the NHS and will use a checklist to diagnoses cases. Residents in **England**, can access online services at www.nhs.uk or www.direct.gov.uk/swineflu, or call the swine flu information line on 0800 1513513. Residents of **Scotland**, can access, www.nhs24.com. Residents of **Northern Ireland**, can access, www.dhsspsni.gov.uk or www.publichealth.hscni.net, or call the Northern Ireland Swine Flu Help Line on 0800 0514142.

Britain is Europe's worst-hit country. There were an estimated 55,000 new cases of H1N1 flu in the UK in the week ending July 12; total deaths: 30.

Hygiene guidance to every household, and antiviral drugs are being offered to those who have contracted H1N1 flu.

British airlines have increased restrictions on suspected H1N1 carriers. BA along with Virgin Atlantic has instructed check-in staff to alert doctors if any passengers show signs of the virus.

Two Anglican dioceses in Britain are changing how they handle Communion in an attempt to reduce the spread of swine flu

Britain wants to start a mass vaccination campaign in August, but has few domestic production facilities of its own so is depending on sourcing large enough quantities of the vaccine from overseas.

MIDDLE EAST

EGYPT

Egypt, which has about 120 cases, with one related death, controversially culled several hundred thousand pigs in May, in spite of advice from global health authorities that this was unnecessary.

Egypt became the latest country to warn vulnerable Muslims against pilgrimage to Mecca, after an Egyptian woman back from Saudi Arabia became the first swine flu death in the Middle East and Africa. Egypt's top cleric or mufti, Sheikh Ali Gomaa, has said he would be guided by the World Health Organization (WHO) and other medical authorities on whether to issue a fatwa or decree barring all Egyptians from making the pilgrimage.

Egyptian health officials have said all returning pilgrims will be quarantined.

Before disembarking from the airplane at Cairo Airport arriving travelers are asked to complete a simple health form.

ISRAEL

Close to 900 cases of swine flu have been reported in Israel so far, none of them fatal.

SOUTH ASIA

INDIA

Only 265 confirmed cases has been reported in India in travelers coming from or transiting through the U.S. Individuals traveling with flu like symptoms should strongly consider delaying their travel until their symptoms have resolved for the protection of other passengers and the risk of being quarantined in a communicable public hospital on arrival in India.

According to the Indian Director General of Civil Aviation, all arriving passengers are required to fill out a health form before arrival. All passengers/crew arriving on direct flights will be

screened for H1N1 symptoms. There are counters in the pre immigration area for screening passengers.

Sources used for this report:

Australian Department of Health and Ageing

http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf/Content/health-swine_influenza-index.htm

Public Health Agency of Canada

http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php

CDC

www.cdc.gov

Hong Kong Department of Health

<http://www.dh.gov.hk/eindex.html>

Israeli Ministry of Health

<http://www.health.gov.il/english/>

Italian Health Ministry - Ministero della Salute

<http://www.ministerosalute.it/dettaglio/principaleFocusNuovo.jsp?id=13&area=influenzaA&colore=2>

Secretaria de Salud, Mexico

<http://portal.salud.gob.mx/>

Singapore Government Ministry of Health

<http://www.h1n1.gov.sg/homepage.htm>

UK National Health System

www.nhs.uk

UK Department of Health

<http://www.dh.gov.uk/en/index.htm>

WHO

www.who.int/

Reuters

www.reuters.com

Agence France Press
www.afp.com

Associated Press
www.ap.com

BBC News
<http://news.bbc.co.uk/>

Ha'aretz
www.haaretz.com

Taiwan News
<http://www.etaiwannews.com>

Information current as of 7/22/09



UCEAP PARTNER INSTITUTIONS Response to H1N1 Influenza (Swine Flu)

October 1, 2009

This document presents the H1N1 planning status as of October 1, 2009. Please double check with airline, Consulate/Embassy and/or your host institution for updated information.

Australia

The University of Melbourne and three other universities have formed a national consortium—backed by the National Health and Medical Research Council—of mathematicians, medical specialists, biologists, and infectious disease policymakers, whose work helped inform Australia’s pandemic plan.

[Preparing for pandemic influenza](#)

[New Pandemic Phase: PROTECT](#)

[University of Sydney Pandemic Planning Guide](#)

Barbados: No policies announced

Canada

[Public Health Agency of Canada](#)

[University of British Columbia H1N1 Updates](#)

Chile

[Ministerio de Salud](#)

China

[BNU](#)

[PKU](#)

[Fudan](#)

iJET Intelligent Risk Systems – [Entry/exit quarantine procedures for China and Hong Kong, July 2009](#)

Costa Rica

[Ministerio de Salud](#)

[Universidad de Costa Rica](#)

[Video presentation about H1N1](#)

Denmark

[University of Copenhagen](#)

Egypt:

[AUC](#)

France

[Ministère de la Santé et des Sports](#)

[Gouvernement Français](#)

[Université Lyon 2](#) - La grippe A / H1N1

Germany

Freie Universität

[Robert-Koch-Institut zur Schweine-Influenza](#)

[Bundesministerium für Gesundheit](#)

Ghana: No policies announced

Hong Kong

[CUHK](#)

[HKU](#)

[HKUST](#)

Hungary

[National Pandemic Preparedness Plan](#)

India

[Ministry of Health and Family Welfare](#)

Ireland

Department of Health and Children

[Influenza A \(H1N1\) Outbreak](#)

[University College Cork](#)

University College, Dublin

[Influenza A\(H1N1\)v Information](#)

[Advice for Students](#)

[UCD Homepage](#)

National University of Ireland, Galway

[Swine Flu/Meningitis Advice](#)

[Student Health Unit](#)

Trinity College Dublin

[Swine Flu Information](#)

Israel: No policies announced

Italy

[Ministero del Lavoro, della Salute e delle Politiche Sociali](#)

Japan

Students should bring thermometers to monitor their body temperature during the first week of arrival in Japan.

[Ministry of Health, Labour, and Welfare](#)

Korea

[Announcement from Yonsei University](#)

Korea [Centers for Disease Control and Prevention](#) (English-language website)

[H1N1 influenza pages](#) (currently available in Korean only)

Mexico

[Secretaría de Salud](#)

Netherlands

[Maastricht University](#)

[Utrecht University](#)

New Zealand

[Ministry of Health](#)

Russia: No policies announced

Singapore

[NUS](#)

South Africa

UCT: [Health and Safety- Swine Flu](#)
[Student information about swine flu](#)

UKZN: [Information about swine flu](#)

Spain

[APUNE \(Asociación de Programas Universitarios Norteamericanos en España\)](#)

[Ministerio de Salud y de Consumo](#)

Universidad Autónoma de Barcelona

[Universidad Autónoma de Barcelona](#)

[Información Sobre la Nueva Gripe](#)

[Boletín](#)

Sweden

[Lund University](#)

Taiwan

[H1N1 Information](#) (in Chinese)

If any important announcements come up, the Office of International Affairs will translate the information and keep international students updated. Alternatively, students are also suggested to check the [CDC Taiwan](#) website.

Thailand

[Bureau of Emerging Infectious Diseases](#)

TU: During TU's orientation, an instructor from Thammasat Chalerm Prakit Hospital will conduct a 15-minute presentation about H1N1 influenza prevention.

Turkey

METU [Statement](#)

United Kingdom

The United Kingdom has been planning for a flu pandemic for a number of years, and the U.K. plan has been identified as one of the best by the World Health Organization. Anyone showing signs of swine flu can call the National Pandemic Flu Service on 0800 1513100 or go to their [website](#).

[UK Health Protection Agency](#)

[Durham University](#)

[University of Edinburgh](#)

[University of Glasgow](#)

[Imperial College](#)

[King's College](#)

Can be accessed by current King's students and staff only

Leeds University

[Health Advice](#)

[Staff and Student Information](#)

[Royal Holloway – University of London](#)

[University of Bristol](#)

[University of East Anglia](#)

[University of Kent](#)

[University of St Andrews](#)

[University of York](#)

[Warwick University](#)

Vietnam

Temperature and health history checked at immigration

[Ministry of Health](#)

Additional Resources

CDC. H1N1 Flu (Swine Flu)

[Novel H1N1 \(Swine Flu\)](#)

ECDC (European Centre for Disease Prevention and Control).

[Swine influenza A\(H1N1\)](#)

Health Protection Agency (UK)

[Swine Influenza \(Influenza A H1N1v\)](#)

iJET Intelligent Risk Systems

[University of California-Pandemic \(H1N1\) 2009 Influenza Guidance, July 2009](#)

International Air Travel Association, [Health and Safety for Passenger and Crew](#)

Frequently asked questions: swine influenza and air travel. May 11, 2009 [[Full text](#)]

WHO

[Pandemic \(H1N1\) 2009](#)



H1N1 Vaccine Information October 2, 2009

The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These target groups include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems.

The Food and Drug Administration approved the new swine flu vaccine on September 15, 2009. This approval means that the vaccine is made properly and meets specific manufacturing and quality standards. The National Institutes of Health is studying the vaccine dosage and safety. According to the FDA, in clinical studies, a single dose has proven effective for adults, who achieve full protection eight to 10 days after the dose is administered. The bulk of vaccine will start arriving on October 15, and the U.S. Health and Human Services anticipates that it should be available at 90,000 sites around the country.

CDC does not expect that there will be a shortage of 2009 H1N1 vaccine, but availability and demand can be unpredictable. There is some possibility that initially the vaccine will be available in limited quantities. In this setting, the committee recommended that the following groups receive the vaccine before others: pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel with direct patient contact, children 6 months through 4 years of age, and children 5 through 18 years of age who have chronic medical conditions.

Every state is developing a vaccine delivery plan. Vaccine will be available in a combination of settings such as vaccination clinics organized by local health departments, healthcare provider offices, schools, and other private settings, such as pharmacies and workplaces.

According to the World Health Organization (WHO), regulatory authorities have licensed pandemic vaccines in Australia, and China, soon to be followed by Japan and several countries in Europe. The length of the approval process depends on factors such as each country's regulatory pathway, the type of vaccine being licensed, and the stage of manufacturers' readiness to submit appropriate information to regulatory authorities.

According to WHO, national regulatory authorities for medicines carefully examine the known and suspected risks and benefits of any vaccine prior to its licensing. Because the pandemic virus is new, both non-clinical and clinical trials are being conducted to gain essential information on immune response and safety. Outcomes of trials completed to date suggest that pandemic vaccines are as safe as seasonal influenza vaccines.

Due to legal restrictions and a lack of sufficient resources, the U.S. Department of State is not in a position to provide private American citizens traveling or living abroad with supplies, H1N1 vaccines, medications or medical treatment during a pandemic. U.S. Government assistance to private American citizens who reside abroad is limited, but includes communicating with family and friends on an individual's behalf, monitoring quarantine/detention conditions as permitted by local health authorities, arranging for transfers of funds or granting temporary subsistence loans, and providing information regarding the availability of medical care (to be paid for by the individual). Private American citizens should be aware that the U.S. Government cannot demand their immediate release if they have been detained or quarantined abroad in accordance with public health and legal authorities.



H1N1 Frequently Asked Questions

<p>I am planning to study abroad this fall. Will H1N1 be a problem in my EAP country?</p>	<p>Updated online information is available at, http://www.who.int/csr/disease/swineflu/updates/en/index.html</p>
<p>Will I have delays at the airport, upon arrival?</p>	<p>Please read, http://www.eap.ucop.edu/pub/forms/1011/H1N1_information.pdf</p>
<p>How do I find out about my EAP host institution protocols?</p>	<p>Please visit, http://www.eap.ucop.edu/pub/forms/1011/H1N1_information.pdf</p>
<p>When will the H1N1 flu shot be distributed to students?</p>	<p>In the U.S., the H1N1 vaccine will be distributed by the federal government (Federal Emergency Management Agency, FEMA) through state health departments. No one knows yet when the vaccine will be available, but we expect it will not be before mid-October. We will publish updates to this information as we learn more about vaccine availability.</p>
<p>How can a person, who wishes to be vaccinated against H1N1, receive the vaccine while abroad?</p>	<p>Once the first doses of H1N1 vaccine become available, national health authorities will decide how to implement national vaccination campaigns. However, there is some possibility that initially the vaccine will be available in limited quantities so it is important to check with local health agencies abroad. U.S. embassies, consulates and military facilities lack the legal authority, capability, and resources to dispense medications, vaccines or medical care to private American citizens overseas. Students, faculty, and staff, will need to rely on local health care providers and locally-available medications since U.S. government facilities will not be able to provide medications or facilitate treatment for anyone.</p>
<p>Should I limit my travel?</p>	<p>The World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (CDC) do not recommend restricting international travel. As usual 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.</p>

How can I stay healthy and keep from spreading the flu?

You need to remember four important ways to stay healthy and keep from getting sick with flu or spreading the flu. You can:

1. **Practice good hand hygiene**
Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Practice respiratory etiquette**
The main way flu spreads is from person to person in droplets produced by coughs and sneezes, so it's important to cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, you should cough or sneeze into your elbow or shoulder, not your hands.
3. **Stay home if you are sick**
Stay home or in your place of temporary residence for at least 24 hours after you no longer have a fever.
4. **Talk to your health care provider** about whether you should be vaccinated. You may want to get vaccinated for seasonal flu, which does not protect you from H1N1. Also, if you are at higher risk for flu complications from the H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm

Use good judgment and take precautions against getting the flu in the country where you are studying and living, and in any countries to which you may travel during breaks.

Whenever possible, avoid crowded enclosed spaces and close contact with people suffering from acute respiratory infections.

Should I stay home if I feel sick with flu-like symptoms?

Call the UC Study Center immediately to report your symptoms and follow their instructions. You should stay at home and avoid contact with others for at least 24 hours after your fever is gone (without using any fever reducing medication). Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If flu severity increases within your community, if you are at higher risk for flu complications (e.g., certain chronic medical conditions like heart disease, diabetes, asthma, etc.), you should contact a doctor. Currently, the CDC is not recommending removing healthy students from their institutions.