

## SWINE INFLUENZA A (H1N1)

**Please follow the procedure outlined below for the collection and submission of influenza specimens as directed by the Volusia and Flagler County Health Departments:**

1. Collect viral culture from patients with influenza or influenza-like-illness (ILI), regardless of rapid influenza test results.  
*Definition of ILI: Fever  $\geq 37.8^{\circ}\text{C}$  ( $100^{\circ}\text{F}$ ) and a cough and/or sore throat*
2. Collect viral culture from patients who are **seen by the physician** that meet the case definition for ILI and travel to affected areas and/or have swine exposure:
  - a. Traveled to or live in any community with confirmed swine influenza A H1N1 cases, or Mexico
  - b. Have been in contact with ill persons who have returned from these areas in the 7 days prior to their illness onset.
3. Collect specimens from any patient **seen in the physician's office** who has a rapid test result that is positive for influenza A, has a rapid test result that is positive but unable to distinguish between influenza A or B, or has any other positive laboratory test for influenza A.

### **Specimen Collection:**

- Collect throat or nasopharyngeal specimens with a viral swab and place in viral transport medium (VTM) from those patients with influenza-like illness (ILI).
- Preferred specimen is an oropharyngeal swab or nasopharyngeal swab; most other routine respiratory specimens are also acceptable, but not recommended.
  - nasopharyngeal swabs (NOT nose swabs) (must have an adequate volume of sample or the test will not be valid)
  - nasopharyngeal aspirates
  - bronchial wash
  - sputum (NOT saliva)
- Please collect up to 2 specimens from each patient with ILI. Swabs **MUST** be placed in **2-3 ml of viral transport media**.
- Specimen should be collected within 3 days of onset of illness and no later than 5 days after onset of symptoms.

### **Specimen shipping:**

- Once the specimen is collection attach physician notes describing signs, symptoms, and reason for testing (i.e. contact with ill person just returning from Mexico, has recently traveled to Mexico) to it, **then contact Nancy Whisenant, Manager of Infection Control at 386/676-7159** to arrange shipment of specimens to the County Health Department.
- **The County Health Departments will facilitate transport and timely diagnosis with the Bureau of Laboratories.**



## **Process for swine flu testing in PCP's office for FHCP members:**

1. after physician has seen patient and confirmed the patient meets the criteria for being tested (see Version 5 Guidance document dated May 7, 2009) call the appropriate Florida Health Care Plans number below to arrange for H1N1 testing:
  - a. Volusia County Physicians will call 238-3285  
patients will be seen at our Daytona Beach facility  
350 N. Clyde Morris Blvd., Daytona Beach
  - b. Flagler County Physicians will call 481-6408  
patients will be seen at our Palm Coast facility  
309 Palm Coast Parkway, Palm Coast
  
2. the physicians office will send the following documentation with the patient:
  - a. orders for the testing
  - b. office visit notes from current visit only
  - c. demographic information on the patient

If you have any questions please contact Nancy Whisenant, Manager of Infection Control of Florida Health Care Plans at 386/676-7159.



## **Protect Yourself Against the Flu**

### **What You Can Do to Stay Healthy**

#### **Avoid close contact.**

**Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.**

#### **Stay home when you are sick.**

**If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.**

#### **Cover your mouth and nose.**

**Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.**

#### **Clean your hands.**

**Washing your hands often will help protect you from germs.**

#### **Avoid touching your eyes, nose or mouth.**

**Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.**

#### **Practice other good health habits.**

**Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**

#### **For more information:**

The Centers for Disease Control and Prevention (CDC) hotline, 1-800-CDC-INFO (1-800-232-4636), is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) or visit [www.cdc.gov/](http://www.cdc.gov/)

Links to state departments of public health can be found at <http://www.cdc.gov/other.htm#states>.

