

Maine CDC 2009 H1N1 Flu Update
Monday 10/27/09

Maine CDC is developing short-term plans, which are constantly being reevaluated, based on the supply of vaccine being allocated to us from the federal government. Unfortunately, that means that neither health care providers nor Maine CDC know exactly when vaccine will be in specific locations.

So far, Maine has received about 10% of the total amount of vaccine we will need for prioritized populations, but vaccine is continuing to be shipped as soon as it is allocated to the state. It is possible that there will not be sufficient supplies of vaccine for some of the highest priority people until December

Vaccine is being sent out in response to several factors, including current trends in infections, prioritized risk groups, and the supply available. Every county in the state has received some vaccine, and will continue to receive it as it is available.

We expect that all health care providers who have registered to receive vaccine will eventually receive it. Providers are notified by fax when vaccine is assigned to them.

We are focusing our first doses on children and pregnant women, because they are the most disproportionately affected by H1N1.

We are providing some vaccine to pediatric providers for very young children and some high-risk children. Most of our vaccine is going to schools. Some of these clinics are open to broader audiences (including young children) and some are not.

About 40% of the vaccine that has arrived so far is in the nasal spray form that cannot be given to many people in the priority populations, but can be administered to healthy children over the age of two. Vaccinating children, who are the major transmitters of flu, provides some protection to the entire community.

If you have questions about vaccine availability in schools or clinics, please check the clinic locator on our web site. Listings change often, so check back frequently.

As more vaccine arrives, we will broaden our distribution to other high risk groups besides children and pregnant women. Once the full supply has arrived, we plan to offer vaccine to anyone who wants it.

What to do if you cannot get vaccine but fall into a priority group:

- We know that there is H1N1 flu throughout the state, and that we do not yet have vaccine for all who want it.
- If vaccine is available to other members of the household (example, you have two children who can receive the intranasal vaccine and a third who needs injectable and there is no supply of injectable vaccine), get those household members vaccinated. This may help protect your high risk individual to some degree.
- If you can get a seasonal flu vaccine (which is also in short supply in many areas), do so. The seasonal flu vaccine will not protect you from H1N1, but by protecting you from seasonal flu, it will keep you from getting run down and therefore being more likely to get H1N1.
- Avoid close contact with people who are sick. Wash or sanitize your hands often.

- Keep checking the clinic locator on our web site (which is updated frequently).
- People who are pregnant or have asthma, arthritis, lupus, diabetes, cancer, HIV/AIDS, heart disease, and/or kidney disease and develop flu-like symptoms should contact their health care provider or seek medical care.
- If someone in the household is sick that person should:
 - Cover coughs and sneezes with a tissue or sleeve.
 - Wash hands frequently.
 - Keep away from others as much as possible.
 - Stay home for at least 24 hours after fever is gone, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine.)
 - Get plenty of rest
 - Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated