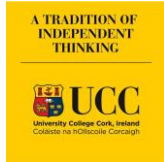




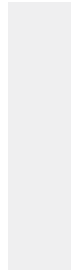
Influenza: Preventing Outbreaks

Dr Fiona Ryan
Public Health, HSE
September 2015

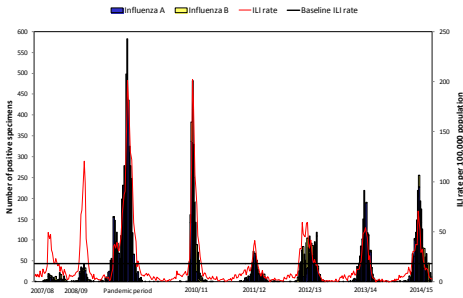


Presentation Outline

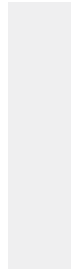
- Influenza Outbreaks
 - National and Local Data
- Prevention of Outbreaks in Vulnerable Populations
 - General
 - Vaccination



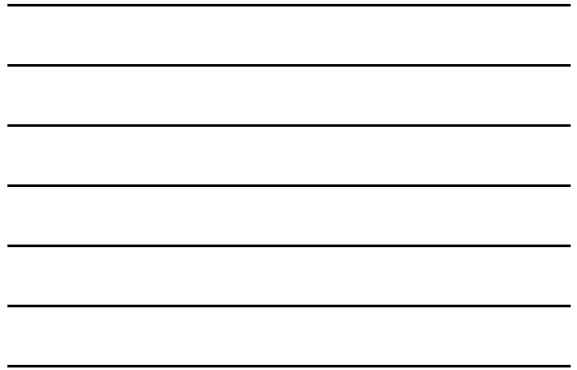
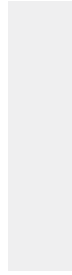
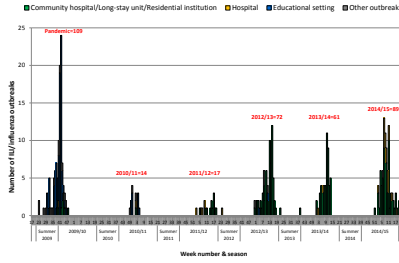
GP ILI consultation rates, baseline rate & flu positive specimens by week & season



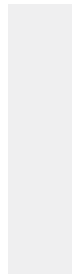
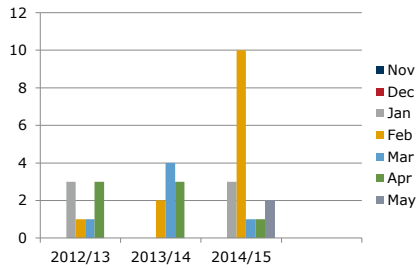
Source: HPSC



Influenza/ILI Outbreaks by week & season



Influenza Outbreaks, Residential settings, Cork&Kerry, 2012-2015



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HSE admits flu vaccine is for different strain than the one that has hit Ireland

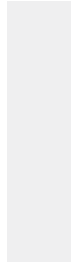
Flu fear as HSE admits vaccine mismatch

Friday, January 16, 2015



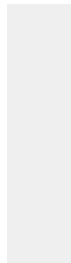
Influenza Vaccine

- Several strains of influenza – constantly changing
- New vaccine every year -3 or 4 virus strains (A+B)
- WHO monitors strains circulating globally – Northern and Southern hemisphere
- Jan/Feb each year WHO advises on strains for vaccine
- Vaccines take months to produce – ready for September in Northern Hemisphere
- Sometimes change in circulating virus and the vaccine is not fully effective
- 2014/15 season Influenza A(H3N2) circulating was different from the strain in the vaccine



Prevention of Outbreaks in Vulnerable Populations

- Vulnerable setting- nursing homes, long stay residential - including disability mental health
- Vaccination of residents (not 100% effective)
- Vaccination of staff
- Preparations and staff education
- Recognition of flu (≥ 3 ill in 72 hours)
- Actions if possible flu
 - Alert GP, infection control and Public Health
 - Infection control
 - +/- antiviral medication



How can you help?

1. Stay home from work when you feel sick.
2. Wash your hands or use hand sanitisers, sneeze in your sleeve or a tissue.

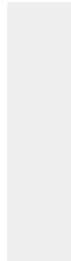
But this is not enough.....

People can still spread the flu even when they DON'T feel sick.

Up to 50% of infected people don't have symptoms when they are infected.
People can spread flu germs before they feel sick.

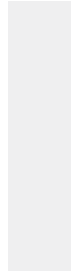
Flu is also spread through tiny droplets spread into the air when people cough or sneeze.

The best protection is **VACCINATION.**



Flu vaccination for ALL HCWs

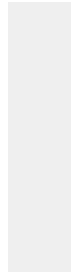
- Recommended for HCWs annually since 1999, both for their own protection and for the protection of patients
- HCWs: all staff (including ancillary staff, such as cleaners, porters, kitchen staff) working in health care setting or health related activities in acute and non acute health care settings, including those working in health related activities in the community settings



But I don't get the flu

ACTUALLY!

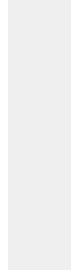
- One serosurvey showed **23% of HCW** had serologic evidence of influenza virus infection during a single influenza season
- **...the majority had mild illness or subclinical infection**



Since I'm Not at High Risk, Do I Need to Get the Flu Vaccine?

YES!

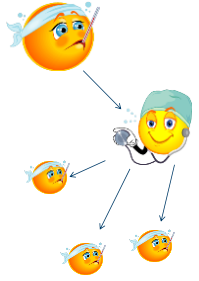
- When you get the flu it may be mild, but for those at high risk it could be fatal.
 - Patients.
 - Family Members and Friends.
- Getting the flu vaccine helps to protect the people you work so hard to keep healthy.



Does Vaccinating Health Care Workers (HCWs) Really Help?

YES!

- Many studies have shown that increasing the vaccination rates of HCWs decreases patient illness and death.
- One study showed a **40% reduction** of influenza related deaths in hospitals with higher rates of HCW influenza vaccination.



You can protect your family, friends, patients and yourself from the flu – get the vaccine!