

**GUIDANCE TO THE UP MANILA COMMUNITY  
RELATED TO INFLUENZA A (H1N1): UPM Advisory 1/June 10, 2009**

*Control of Influenza A (H1N1) in UPM*

**A. *What is known about this novel Influenza A (H1N1) so far?***

As of June 8, 2009, 73 countries have already officially reported 25,288 cases of Influenza A (H1N1) infection with 139 deaths. The Philippines has documented 54 cases.

Most cases of Influenza A (H1N1) have affected young adults and children. It has presented mostly as influenza-like illness (ILI) with fever and respiratory manifestations. Cases were described to have ranged from upper respiratory tract infection to severe fatal pneumonia. A significant proportion of cases was categorized as mild and did not even need hospitalization. Very few cases had complications such as secondary bacterial infections, rhabdomyolysis with renal failure, myocarditis and worsening of underlying conditions like asthma.

Influenza is considered a droplet infection, transmitted by heavy aerosol droplets which fall to the ground by gravity three (3) feet from the nose or mouth of an infected coughing or sneezing patient. It is easily passed on from one ill person to unsuspecting individuals within three (3) feet distance mainly by inhalation of the infectious droplets or contact with mucus membranes.

Influenza is suspected when one has fever (temperature > 37.8) AND at least two of the following respiratory symptoms: rhinorrhea (*sipon*), nasal congestion (*baradong ilong*), sore throat (*makating lalamunan*) or cough (*ubo*).

Because this is a novel virus and individuals have no previous immunity, it is expected that many would be susceptible to this new infection. Pandemics are alarming because a large number of persons will be affected. Vaccines are still being developed against this new virus.

**B. *The following guidelines are recommended based on information available as of June 10, 2009. It is intended primarily for school settings. These may change according to global and local trends of the Influenza A (H1N1) infections.***

1. Source isolation is the key to keeping the risk for UPM community as low as possible.
  - Each member of the UPM community, whether a student, faculty or non-teaching staff, must have the responsibility to assess oneself regarding his or her risk of possibly having the virus and possibly transmitting this to others.
  - At this time, the identified likely potential sources are:
    - Those with travel to countries with confirmed cases
    - Those with close contact with confirmed cases
  - Likely sources should go on self-quarantine (see below) and not expose other individuals unnecessarily.
  - If each and every likely source can refrain from going to school, office, work, meetings, other activities or large gatherings, the need to cancel school and other important events may not have to be imposed.

- Self-quarantine imposed by the individual to oneself if they are likely sources will also reduce situations that may cause undue fear, panic, confusion, embarrassment and other similar reactions which are unnecessary and can be avoided,

2. Obligatory self-quarantine will be imposed on ALL students, faculty and staff who have travel to countries with confirmed cases of Influenza A (H1N1) whether or not they have symptoms.

WHO?	<ul style="list-style-type: none"> <li>• ALL with travel to affected countries</li> <li>• Whether or not they have symptoms</li> </ul>
HOW LONG?	<ul style="list-style-type: none"> <li>• Period of self-quarantine – 10 days from arrival to the Philippines</li> </ul>
FROM WHERE?	<ul style="list-style-type: none"> <li>• Countries with confirmed cases – see attached WHO update .</li> <li>• The country list needs to be updated daily.</li> </ul>
HOW?	<ul style="list-style-type: none"> <li>• Self-quarantine means:             <ol style="list-style-type: none"> <li>a) Select a well ventilated area at home.</li> <li>b) Avoid leaving the house unnecessarily.</li> <li>c) Do not go to public or crowded areas.</li> <li>d) Monitor self constantly for any fever (temperature &gt;37.8), cough, sore throat or other respiratory complaints.</li> <li>e) Keep self well with good food, plenty of fluids, adequate sleep,</li> <li>f) Have stock of tissue and surgical masks.</li> </ol> </li> </ul>

3. Obligatory self-quarantine of all students, faculty and staff without travel BUT who may have had close contact with a confirmed case of Influenza A (H1N1) whether or not they have symptoms.

- Who is considered a **confirmed case**? A confirmed case is a person with an acute febrile respiratory illness with laboratory confirmed Influenza A (H1N1) at the Research Institute for Tropical Medicine if in the Philippines, or at other reference laboratories abroad.
- Who is considered a **close contact**? Anyone who was within (6) feet of an ill person who is a confirmed or suspected case of Influenza A (H1N1) virus infection.
- All close contacts **MUST** follow obligatory self-quarantine for 10 days after exposure.

4. Prompt consultation of possible suspect Influenza A (H1N1) and transport to referral hospitals must be strictly followed.

- Who is a **possible suspect** of Influenza A (H1N1)? A person who answered YES to the following three questions is a possible suspect case of Influenza A (H1N1).
  - √ Did you have travel to countries with confirmed cases or had contact with a confirmed case of Influenza A (H1N1)?

- √ Do you have fever?
- √ Do you have cough, sore throat or other respiratory symptoms?

- What must a possible suspect of Influenza A (H1N1) do?
  - a) First and most importantly, wear a disposable surgical mask.
  - b) At this time, it is best to proceed to a referral hospital for collection of respiratory specimen and testing for presence of virus.
  - c) The designated government referral hospitals in Metro Manila are:
    - Research Institute for Tropical Medicine – Alabang
    - Lung Center of the Philippines - Quezon City
    - San Lazaro Hospital – Manila
  - d) By June 15, 2009 the UP-PGH can also collect specimen for transport to referrals hospital. The UPM H1N1 Action Center will be set up by that time to see consultations from UPM and other patients related to the influenza.
  - e) Depending on the clinical status of the suspect, he or she may be admitted or sent home.
  - f) For any questions, the following numbers could be contacted:
    - H1N1 Hotline for UPM - 09197470570
    - UP Health Service – Tel. No. 554-8400 Local 3953
    - PGH HICU – Tel. No. 554-8400 Local 3250
    - DOH Hot line – 711-1001, 711-1002

5. Special precautions should be observed during large university or college gatherings (more than 500 anticipated participants)

- Important events of the university, individual colleges, and organizations may proceed as scheduled as long as the following precautions are observed.
- Announce the precautions before the event to avoid embarrassing situations. Include in the invitation an insert advising that participants who a) are within the 10-day quarantine due to travel or contact exposure to a confirmed case or b) may be ill; NOT to attend the event.
- Have a large visible poster (tarpaulin) about Influenza A (H1N1) at the entry point of venue.
- The registration should also screen participants and politely request persons with recent travel to areas with confirmed cases or close contacts NOT to attend the gathering and follow the self-quarantine measures.
- Have disposable surgical masks available to immediately give participants who have cough.

6. Similar precautions as above for smaller gatherings of 10-500 participants will be prudent.

- Announce the precautions before the event to avoid embarrassing situations.
- For small gatherings, simple but visible reminders (not necessarily large tarpaulins) may be posted or verbal announcements made on the precautions.
- The need to screen participants at the registration desk will depend on the type of activity and the audience you have. The organizers will make the final decision of the need to have screening at entry point.
- Have surgical masks available should you need them.

7. Vigilance on following cough etiquette and strict hand hygiene is highly recommended.

- Students, faculty and non-teaching staff must be constantly reminded about following hand hygiene. Everyone must have a bottle of alcohol-based handrub in their pockets or bags for easy access at all times.
- All are reminded to observe proper cough etiquette. Always cover mouth when coughing or sneezing. Spitting should never be done especially inside the campus.
- Posters to serve as reminders must be placed in as many areas as necessary in the colleges, offices and other common areas. ( see enclosed sample materials)
- All colleges and units are encouraged to:
  - Have hand hygiene facilities – sink, soap, paper towel or dryer, or alcohol or alcohol-based hand rub.
  - Have stocks of disposable surgical masks that may be freely given to students who may have influenza-like illness before they are sent home or referred accordingly.
  - Have disinfectants and detergents to regularly clean frequently handled areas: door knobs, switches, table counters.
  - Have accessible waste disposal facilities for materials contaminated with respiratory secretions (tissue paper, paper towels, etc).

8. To encourage compliance to self- quarantine, absences related to the Influenza A (H1N1) are best excused.

9. The following reporting system needs to be followed strictly to avoid confusion and panic.

- Absences because of self-quarantine needs to be reported to the corresponding colleges, units or departments. Please call your college secretary, unit chair or department chair and report date of arrival or contact with confirmed case, expected date of absences, expected date of report back to work or school.
- If you develop symptoms during period of quarantine, please call or text the UPM H1N1 Hotline for proper advise on what to do, when, where and who to consult. The UPM H1N1 Hotline is 09197470570.
- You may also opt to consult your private physicians, other private hospitals or referral government hospitals specially the RITM.
- If you are confirmed to have Influenza A (H1N1) regardless of where the test was done, please text or call the UPM H1N1 hotline so that appropriate actions and contact tracing can be done.
  - This information will be reported to the UPM Chancellor and respective deans, department or unit chairs.
  - Follow all medical advise and rest at home.
  - You can go back to school or work only after 24 hours after all symptoms resolve.
  - Please call the college secretary, unit chair or department chair before returning back to school or work. Clearance from the UP Health Service will be needed.

**IMPORTANT NUMBERS TO KEEP:            UPM H1N1 Hotline 09197470570**