



# Assessment of H1N1 influenza in outpatient clinics

Diagnosis

## 1 Do they have H1N1 Influenza?

- Acute onset **Fever** (38<sup>o+</sup>) and **Cough**  
AND
- One or more of: **sore throat, arthralgias, myalgias, prostration**  
AND
- Travel to currently affected area** (see below) or contact with ill person from a currently affected area within 7 days of onset of symptoms

**If all three are present diagnose with Clinical H1N1 Influenza**

### Currently affected areas

**Global** [www.who.int/csr/disease/swineflu](http://www.who.int/csr/disease/swineflu)  
**Canada** [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

## 2 Do they need hospital care?

- Breathlessness?
- Altered consciousness?
- Severe chest pain?

**NO**

Advise self isolation for **7 days** from start of symptoms. Give patient **Advice for Influenza Patients** information sheet.

**YES**

If patients exhibit any of these signs refer to ER. **Place surgical mask on patient before transport.** Inform ER in advance.

### Microbiologic testing

A nasopharyngeal swab is the preferred specimen  
See accompanying **Nasopharyngeal Swab Guide.**

Treatment

## Treatment

**Immunocompetent patients with mild illness should not be prescribed antiviral treatment.**

However, people who have chronic conditions, such as cardiac and lung disease are at higher risk of complications from influenza, and may benefit from antiviral therapy.

If antiviral therapy is indicated it should be started as soon as possible. **If more than 48 hours has passed from start of illness antivirals are not effective and should not be prescribed.**

Oseltamivir (Tamiflu) 75 mg bid x 5 days for adults; dosage for children is determined by weight.

Prevention

## Infection prevention measures

- Hand Hygiene:** Ask patient to perform hand hygiene using an alcohol based hand rub or soap and water
- Cover:** Provide patient with surgical mask or tissues
- Separate:** Place patient in a separate area of the office (i.e. examination room) if possible, or distance them at least 2 metres (6ft) from other patients.

**Perform hand hygiene frequently**

## Reporting and further information

Report all cases of Clinical H1N1 Influenza **and** all persons for whom a nasopharyngeal swab was obtained to:

**Communicable Diseases Hotline: 752 5252**

For more information:

**Page the Infection Control Practitioner at your site**