

H1N1 Update

 **SSM Maternity Care**

 **Cardinal Glennon**
SSM Cardinal Glennon Children's Medical Center

Keeping Pregnant Women Healthy



The CDC advises that you do not need to confirm Influenza to initiate treatment.

If H1N1 is prevalent in your community, consider all pregnant women with flu-like symptoms as having H1N1.



Treat flu exposure with a prophylactic course of oseltamivir - 75mg. Once daily. For 10 days.

Treat those with flu-like symptoms with a therapeutic course of oseltamivir (75 mg twice daily for 5 days). Limited data suggest that oseltamivir is not a major human teratogen and it is currently effective for both prevention of H1N1 Influenza and the reduction of flu severity if started within 48 hours of the initial symptoms.



Instruct all pregnant women to report the symptoms of Influenza or close exposure to persons with influenza to you immediately.



Advise all pregnant women to use frequent hand washing and to avoid contact with sick individuals.



If a family member has flu-like symptoms, instruct pregnant women to try and arrange for another person to care for those who are sick.



The immunization for seasonal flu is available NOW and the immunization for H1N1 will available in mid- October. We urge you to make provision for all pregnant women to receive both the H1N1 immunization AND immunization for seasonal flu, and to strongly encourage ALL pregnant women to be immunized for both.



The Advisory Committee on Immunization Practices and ACOG recommend inactivated flu vaccine for all pregnant women in every trimester.



Make a plan in your office for how you will inform your pregnant patients, respond to their calls concerning influenza symptoms and exposures, isolate sick women, monitor those you treat, and cover for sick staff.

Additional Resources

Centers for Disease Control

www.cdc.gov/h1n1flu/guidance/obstetric.htm.

Cardinal Glennon Children's Medical Center

www.cardinalglennon.com

Pediatrics on Demand H1N1 CME Lecture

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