

OPA NOTICE

05/07/2009

A Message from the CIA [redacted] (Update #4)

(U) The worldwide outbreak of 2009 H1N1 continues to evolve in geography, understanding of severity, affected populations and international responses. The H1N1 outbreak now includes at least 38 states and 20 other countries. [redacted]
[redacted]

(U) Current information does suggest some reassuring common patterns:

- Transmission among humans appears to be by aerosol, just as with seasonal flu, and the ability of the virus to infect humans also tracks with recent seasonal flu outbreaks.
- The severity of H1N1 is also similar to seasonal influenza. Young people do appear to be at greater risk of contracting this illness; the reasons are unclear.
- How widespread this flu becomes in our populations is yet to be determined, but should become clear over the next 2-3 weeks. US outbreaks thus far have been clustered, and not widespread, outside of a high school in New York City.

(U) The cluster of symptoms associated with this illness includes:

- Fever (an essential symptom)
- Cough
- Sore throat
- Head and body aches
- Fatigue

[redacted]

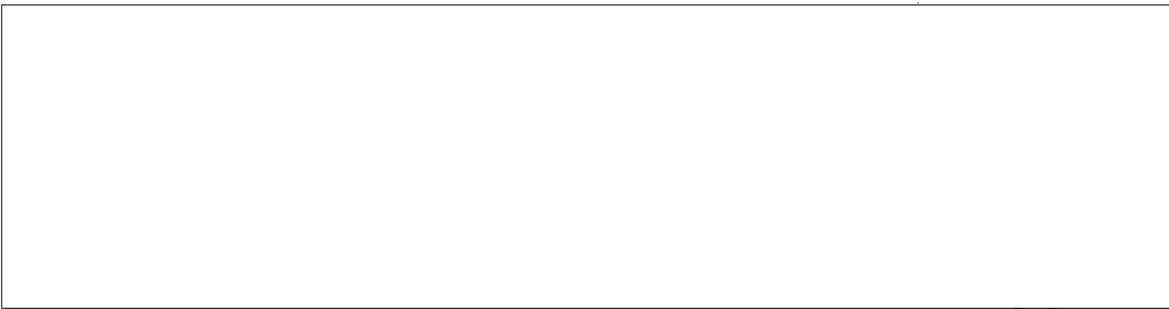
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(U) In addition to guidance regarding hand washing, staying home when ill, and minimizing risk to others, OMS wants to highlight several other points:

- Employees and contractors who become ill away from the workplace should seek treatment from their primary care provider instead of coming in to OMS.
- Treatment with oseltamivir (Tamiflu) and zanamivir (Relenza) continues to be very effective in reducing severity and duration of illness. Tamiflu and Relenza are available from pharmacies for treating both adults and children.
- If you have the flu, either H1N1 or seasonal, do not take aspirin because of the uncommon but serious complication of Reyes syndrome. Acetaminophen or ibuprofen are preferable for symptomatic relief.
- CDC continues to recommend **against** using the available antiviral medications to **prevent** illness in asymptomatic individuals, for two reasons. First, they wish to slow the development of resistant strains, which becomes probable once a drug is being widely used; and second, the severity of the illness does not warrant such use at this time. Regular use of Tamiflu since 2005 resulted in 99% of seasonal H1N1 strains being resistant to the drug during the 2008-2009 influenza season.



Employees should continue to consult the internet for guidance from CDC, WHO and their local and state governments. On the internet, we recommend:

- Center for Disease Control: www.cdc.gov/swineflu
- World Health Organization: www.who.int/crs/diseases/swineflu
- For Maryland residents: www.dhmh.state.md.us
- For District of Columbia residents: www.dchealth.dc.gov
- For Virginia residents: www.wdh.state.va.us
- For other states, search for your state department of health website