

INFLUENZA TRAVELER ACTION PROTOCOL/PLAN

FLU ACTION PLAN: Take a look at our concise information on influenza illness and potential secondary complications as a primer for your travels to H5N1 (Asian avian) and H1N1 (Swine) influenza strain risk areas. (PAGE 5 OF 9)

This information gives you an action/response protocol both at the time of potential/actual exposure and subsequently in reporting for expert medical evaluation.

FLU TRAVEL KITS: You may also be interested in reviewing medical supplies and medications (or recommendations in the context of your personal medical circumstance) IMC can provide, in line with the US Centers for Diseases Control's (CDC) advice to consider taking along a first response flu kit and medications for substantial risk to H5N1 and H1N1 virus. See our information to assess whether this applies to you and your travel companions.

NOTE: If you are interested in any of these products or recommendations, feel free to download the forms provided, complete them, and then FAX, scan/email, or mail to IMC and we will be in touch with you.

POSSIBLE PRESCRIPTION MEDICATION ADDITIONS* (on a case-by-case basis)

A selection of medications will be made, appropriate to your travel exposure and your personal medical information you submitted on the Traveler Information Form (TIF), from the following drug categories:

antiviral medicines**

antibiotics (antibacterials)

analgesics (pain)

cough meds

anti-nauseants

You can then indicate if you wish to stock your kit with the recommended meds.

* Prescription medication cannot be provided to individuals outside Texas, although specific recommendations can be made by IMC for the individual to then obtain the meds by prescription from their personal physician (licensed in their locale). This will be done for an additional service charge (\$25.00) for review by the IMC physician of personal medical information provided by the patient.

** This is subject to availability – notify us if you are interested in the IMC Tamiflu/Relenza Registry for notification upon first availability of restocked medical supplies.

**IMC FLU TRAVEL KIT (ITK)/MEDS
REQUEST FORM**

NOTE: If you are interested in any of these products or recommendations, feel free to download the forms provided, complete them, and then FAX, scan/email, or mail to IMC and we will be in touch with you.

1. Complete Traveler Information Form (TIF). You may download the form, or print it from our website at www.traveldoc.com. The TIF provides us your personal medical and travel information.

- Be sure to include your age and weight.

2. Financial information:

___ Bill My Company (if company has existing account)

___ Bill My Credit Card

Type: ___ American Express ___ Discover ___ MasterCard ___ Visa

Acct No: _____ Exp. (Mo/Yr): ___/___

Billing Street Number: _____ Billing Zip: _____

Cardholder Name: _____ Signature: _____

e-mail: _____ FAX: _____

SHIPPING / DELIVERY

___ Call me, I will pick up my kit.

___ DELIVER / SHIP TO: _____

Patient/Client Requests

Request Basic ITK Kit (\$50.00)

- ITK CONTENTS ON **PAGE 9 OF 9**

Request ITK Prescription Medication Recommendations *(\$25.00)

N-95 Respiratory Mask(s) (\$2.50)

Adult Size: ___ No. ___ Child Size (11 y.o. and above): ___ No. ___ Total No. Requested: ___
Nano Mask(s) _____ No. Requested: ___

(Texas resident only or U.S. licensed physician); requests will be reviewed and then recommendations will be made by an IMC physician*

ITK POSSIBLE PRESCRIPTION MED ADDITIONS ON **PAGE 2 OF 9**

*IMC prescription medication personal *recommendations only* (medications not to be provided)

- If Tamiflu/Relenza influenza meds are out of stock, place me on your registry for notification when next available.

Comments/Questions: _____

Signature

Date

Patient Name

* **NOTE:** Prescription medications provided only as an addition to purchase of ITK

INFLUENZA ISOLATION DEVICES

NOTE: If you are interested in any of these products or recommendations, feel free to download the forms provided, complete them, and then FAX, scan/email, or mail to IMC and we will be in touch with you.

1. N-95 Respiratory Face Mask

Sizes: Adult, Child

Note: The mask must fit the face tightly, such that no air vents around the mask. Therefore, facial hair (moustaches, beards) must be shaved. To test the fit, one can inhale briskly with mouth opened; watching yourself in the mirror, the mask should compress or deflate against the face on deep inhalation, with no leaks around it.

2. Nano Mask

This mask has filter media to isolate and destroy viral and bacterial pathogens.

FLU FACT SHEET

In order to use the ITK supplies and medications properly, review the following brief outline describing influenza syndrome. Specifically, note that influenza (flu) is a viral infection and so is not treated with antibiotics (antibacterial medications). Flu is treated with antiviral meds (Tamiflu, Relenza, amantadine, and rimantadine) directed at the specific flu virus. The role of antibiotics is in treating the minority of flu cases that are complicated by secondary bacterial infection due to immune suppression resulting from the preceding influenzal infection and potentiated by the structural and functional disarray of the airways and lung tissue after flu.

Therefore, antibiotics are to be used only after the initial flu syndrome has subsided and a second bout of fever-associated illness ensues.

1. Flu Syndrome
 - a. Onset: 1-5 days post-exposure
 - b. Systemic symptoms*: duration usually 3 days
 - Headache**
 - Muscle aches**
 - Fever***
 - Chills
 - Malaise
 - Anorexia
 - Joint aches
 - * no rash; prominence of systemic symptoms distinguishes flu from other viral respiratory illness.
 - ** most prominent
 - *** average 3 days (range 3-8 days)
 - c. Respiratory symptoms:
 - Dry cough*
 - Sore throat
 - Nasal obstruction / discharge
 - * most frequent and troublesome
 - d. Recovery: 1-2 weeks
 - e. Contagious interval: 24H prior to symptom onset, continuing for about the first 7d of illness
 - f. Transmission: respiratory tract or mucous membranes of eyes, by aerosol drops (cough, sneezing) or direct inoculation (touching eyes, nose, mouth after handshake or other physical contact)

FLU FACT SHEET: Continued

2. Secondary Bacterial Airway / Lung Infection:
 - a. Usually starts with fever recurring 4-14 days after the initial illness subsides
 - b. Typical symptoms:
 - Fever
 - Chills (severe)
 - Productive cough
 - Chest pain
 - Shortness of breath
 - c. Most often in individuals with,
 - 1) Underlying chronic lung disease
 - 2) Heart disease
 - 3) Diabetes mellitus
 - 4) Other chronic systemic diseases
 - 5) Immunosuppressant drugs
3. Treatment Principles
 - a. Flu
 - 1) Vigorous hydration: drink copious clear (light) liquids with these goals,
 - (a) Voluminous dilute (pale color, minimal odor) urine
 - (b) Thin lung secretions
 - (c) Lower fever
 - (d) Sweating (in the presence of fever)
 - 2) Medication for fever, nausea, pain
 - 3) Antiviral meds*: start within 48 hours of illness onset

* To date, oseltamivir (Tamiflu) and zanamivir (Relenza) are considered potentially effective against H5N1 influenza A virus (Asian avian flu) and definitely against Swine Flu (H1N1), and many other flu virus strains.
 - b. Bacterial Secondary Infection
 - 1) Same as for flu 1) and 2)
 - 2) Antibiotics
4. Asian Avian Flu INDIVIDUAL RISK / RESPONSE / PREVENTION
 - a. With the onset of flu-like illness, it is reasonable to consider flu virus when becoming ill within 10 days of travel to countries endemic for the virus, physical contact with live or dead fowl or ingestion of poultry products from such countries (Asian avian flu), or contact with others with these experiences (any flu virus).

FLU FACT SHEET: Continued

- b. Check <http://www.cdc.gov/flu/avian/index.htm> or www.cdc.gov/travel for the latest information on flu activity.
- c. Flu Vaccination: Although it is unlikely that the usual, seasonal influenza vaccines will provide protection against all flu virus strains, it is still worthwhile for all individuals to be vaccinated each year before extended or recurrent travel or to a country with influenza disease activity because,
 - 1) It is best to minimize the existence of any flu viruses in the human population in general, to minimize the risk of concurrent infection with Asian H5N1 bird virus, Swine Flu, and traditional human seasonal flu viruses that might allow for genetic co-mingling in an individual, emergence of the super-flu pandemic virus that is feared, leading to human-to-human transmission i.e. H5N1 gaining the human invasive abilities the regular flu viruses already have, as established agents of human disease.
 - 2) Having been vaccinated against routine seasonal flu, the onset of an influenzal-illness should immediately raise the concern of the patient (who has traveled in H5N1 or Swine Flu virus areas), their close contacts, and their healthcare providers that H5N1 is strongly considered; and so allowing aggressive containment and treatment procedures for H5N1 virus (as well as alerting the public health system).
- d. Minimize Asian avian Flu H5N1 risk by,
 - 1) During Travel
 - a) Avoid direct contact with poultry / fowl – live or dead.
 - (1) Avoid poultry farms and bird markets.
 - (2) Avoid handling surfaces contaminated with poultry feces/excretions.
 - (3) Be aware that bird feces can contain the virus and it can be viable up to 3 months in soil; do not bring shoes into house prior to a cleansing procedure.
 - (4) During plane travel, position yourself more than 6-feet away from anyone with respiratory illness symptoms (cough, congestion, runny nose), especially if travel has included countries with Asian bird flu (H5N1) or Swine Flu virus activity. If such seat relocation is unavoidable, consider an N-95 respiratory mask until able to de-plane.

FLU FACT SHEET: Continued

- b) **CRITICAL:** Perform careful, frequent hand cleansing while in flu virus endemic areas.
- c) Thoroughly cook all poultry products* – heat kills flu virus (167°F - 212°F; 75-100°C); this includes no liquid egg yolks.

Cooking (USDA guidelines)

- Turkey/ground chicken – 165°F
 - Turkey breast - 170°F
 - Whole turkey bird, legs, thighs, wings - 185°F
 - Refrigerator \leq 40°F
 - Freezer \leq 0°F
- d) If you become sick abroad, contact U.S. consulate to locate reliable medical services.
- e) Inorganic surfaces: keyboards, phones, countertops, etc. may harbor viable influenza virus, especially in water droplets – 4 days at 72°F, 30 days at 32°F
- Regularly clean devices and surfaces at work used frequently by other people.
 - Wash eggshells in soapy H₂O before handling and cooking; wash hands afterward.
 - Refrigerate perishable foods within 2 hours of cooking or removing them from refrigerator.
 - Clean all countertops of liquid left over from preparing foods; especially do not expose one food item to the juices of another.

Substances which inactivate flu viruses,

- alcohol
- Chlorine bleach; Clorox (1:10 dilution with water or 1 teaspoon chlorine bleach/quart of water)
- Hydrogen peroxide
- Iodine-based antiseptics
- Lysol
- soap / H₂O (detergents)

2) After Travel

If you become ill within 10-14 days of return, immediately notify your physician or a travel medicine /infectious diseases specialist, emphasizing the specifics of your recent travel (before traveling to or arriving in their facility).

* Swine Flu- Pork does not pose a risk for infection

INFLUENZA (FLU) TRAVEL KIT CONTENTS (ITK)

BASIC FLU KIT (ITK)*

N-95 Respiratory Mask

Digital Thermometer

Hand Cleansing Agent

2 Latex-Free Exam Gloves

Extra-Strength Acetaminophen (Tylenol)

Naproxen (Aleve, Naprosyn)

Guaifenesin w/ Dextromethorphan (Robitussin-DM)

PRICE*

\$60.00

* Price stated is for the ITK; additional cost will occur with prescription medications.

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