

14 July 2009

Human infections of Pandemic H1N1 2009 virus:

Perspective from WHO Lao P.D.R. (update 26)

Available online at: www.unlao.org/H1N1/influenzah1n1.asp

Four new cases of Pandemic H1N1 2009 confirmed in Vientiane Capital, eleven in Champassak Province.

Epidemiologists with the National Center for Laboratory and Epidemiology (NCLE), in collaboration with WHO Laos PDR Country Office continued surveillance activities to detect cases of Pandemic H1N1 2009 in Laos. In Vientiane Capital, two contacts of previously confirmed cases have developed the disease. Two other persons were confirmed ill after they returned to Vientiane from travels outside the country.

The first confirmed cases outside Vientiane Capital occurred over the weekend when 11 people who had recently travelled together from Champasak Province were determined to have the virus. As of July 14th, the total number of confirmed cases of Pandemic H1N1 2009 in Lao PDR is 22. Note that WHO counts cases under the country where people are diagnosed, which may differ from media reporting.

As of 13 July 2009, there were 104,854 cases WHO-confirmed cases of Pandemic H1N1 2009 from 142 countries with 465 deaths. Amongst Lao PDR's neighbours, there are currently 8 confirmed cases in Cambodia, 2343 in China, 1 case in Myanmar, 2076 in Thailand and 248 in Viet Nam.

It is anticipated there will be further cases in Lao PDR in the coming weeks and months. In other countries, the symptoms of Pandemic H1N1 2009 have, for the most part, been clinically mild and have not required special treatment. It is expected the situation will be similar in Lao PDR. People who develop signs of influenza such as fever with a cough, sore throat, runny nose or body aches are advised to contact a health professional immediately (see contact details below). This will allow early diagnosis and appropriate treatment as necessary.

What should I do to protect myself and my family?

- See a doctor if you develop symptoms of influenza-like illness that include fever, cough, sore throat, body aches, headaches, chills and fatigue.
- Stay home from work or school to limit contact with others.
- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze. Throw the tissue in a rubbish bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

Where to get more information

During public health emergencies, it is important to seek accurate information about the situation. For official information on this evolving situation and for technical and communication guidance for health administrators, health professionals and the general public, please click on the following links:

WHO: <http://www.who.int/csr/disease/swineflu/en/index.html>

US CDC: http://www.cdc.gov/swineflu/?s_cid=swineFlu_outbreak_internal_001

France: http://www.invs.sante.fr/derniere_minute/default.asp

In Lao PDR:

For the public:

National Emerging Infectious Disease Coordination Office (NEIDCO)
Hotline Telephone: 166

UN Lao website: www.unlao.org

For technical queries:

National Centre for Laboratory and Epidemiology (NCLE)
Telephone: 021 350 209

World Health Organization—Lao PDR

Communications Officer Cathy Cochrane

Email*: cochranec@wpro.who.int

Telephone: 020 630 5234 Office: 021 353902-4 ext 81836

For general medical queries:

UN Dispensary Physician & Nurse

In the first instance please email:

Ivy Caballes ivy.caballes@undp.org

Ben.Burford ben.burford@undp.org

In the second instance please call: 021 267789 or 021 267788

For after hours medical emergencies for UN staff **only** please call: 020 559 9292

Embassy staff should contact their normal clinic.
