

21 July 2009      **Human infections of Pandemic H1N1 2009 virus:  
Perspective from WHO Lao P.D.R. (update 27)**  
Available online at: [www.unlao.org/H1N1/influenzah1n1.asp](http://www.unlao.org/H1N1/influenzah1n1.asp)

**First death due to Pandemic H1N1 2009 in Lao PDR confirmed. New cases found in several provinces of Lao PDR.**

A 31-year-old man from a province is the first person infected with the Pandemic H1N1 2009 virus to die in Lao PDR. The man, who had been ill since 7<sup>th</sup> July, was not known to have travelled outside the country, or to have had contact with anyone who was ill with the H1N1 virus. He was transported from the provincial hospital to a Vientiane hospital on 17<sup>th</sup> July and died from respiratory complications that evening. The National Center for Laboratory and Epidemiology (NCLE) confirmed the man was infected with the H1N1 virus.

In addition, several more people in Lao PDR have been diagnosed with H1N1. As of 21st July, the total number of diagnosed cases in Lao PDR is 51. An additional two Lao nationals were diagnosed while travelling in Thailand. Of the 51 total cases, 25 are from Vientiane Capital, nine from Champasack Province, nine from Savannakhet Province, four from Vientiane Province, one from Khammouane Province, one from Luang Prabang Province, one from Saravane Province, and one from Bolikhamxay Province.

On Friday, 17 July, the Government announced the closure of one private school in Vientiane after students there were diagnosed with the H1N1 virus. The school will be closed for nine days.

As of 20 July 2009, there were 119,946 WHO-confirmed cases of Pandemic H1N1 2009 from 151 countries with 475 deaths. However, the virus has become so widespread that many countries are no longer monitoring for it. Amongst Lao PDR's neighbours, there are currently 13 confirmed cases in Cambodia, 3327 in China, 3 cases in Myanmar, 4469 in Thailand and 338 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.

**What should I do to protect myself and my family?**

- Consult a doctor if you develop symptoms of influenza-like illness that include fever, cough, sore throat, body aches, headaches, chills and fatigue.
- If you are ill, 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.

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](http://www.cdc.gov/swineflu/?s_cid=swineFlu_outbreak_internal_001)

**France:** [http://www.invs.sante.fr/derniere\\_minute/default.asp](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](http://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](mailto: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](mailto:ivy.caballes@undp.org)

Ben.Burford [ben.burford@undp.org](mailto: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.

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