

11 August 2009

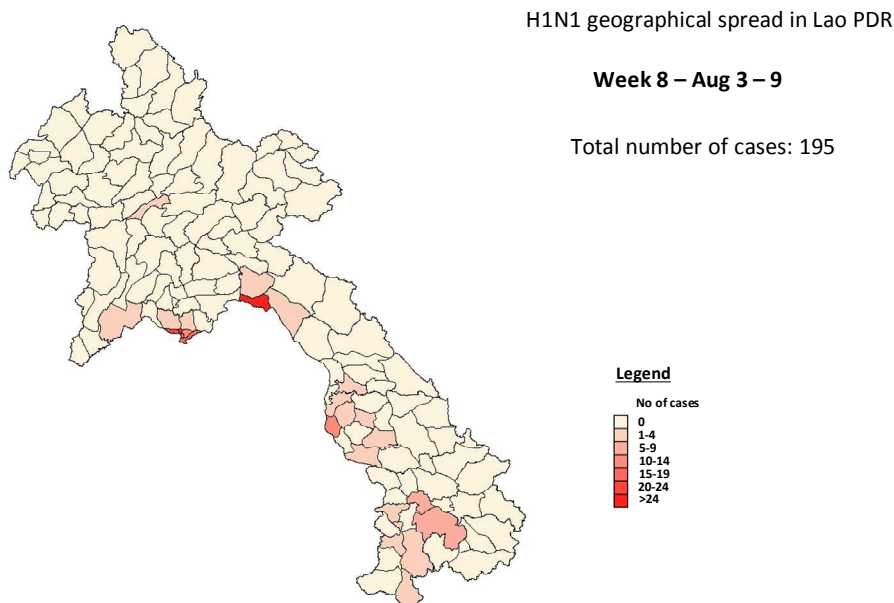
**Human infections of Pandemic H1N1 2009 virus:  
Perspective from WHO Lao P.D.R. (update 30)**

Available online at: [www.unlao.org/H1N1/influenzah1n1.asp](http://www.unlao.org/H1N1/influenzah1n1.asp)

**Number of cases Pandemic H1N1 2009 in Lao PDR continues to climb**

The number of WHO-confirmed cases of Pandemic H1N1 2009 rose to 195 over the past week. WHO is working closely with the National Emerging Infectious Disease Coordinating Office (NEIDCO) and the Ministry of Health to recommend actions that will help slow the spread of Pandemic H1N1 2009 in Lao PDR. Such actions might include school closure. Parents are urged to have contingency plans in place for looking after their children should school be closed.

Laboratory testing conducted by the National Center for Laboratory and Epidemiology (NCLE) confirmed that of the 195 people diagnosed in Lao PDR (current on Aug 10), 106 are from Vientiane Capital and 41 are from Bolikhamxay Province. The regional distribution of cases is shown on the map below. Amongst the cases, one death has occurred due to H1N1, on July 17. No current cases are regarded as severe.



As of 6 August 2009, there were 177,251 WHO-confirmed cases of Pandemic H1N1 2009 from 162 countries with 1159 deaths. However, the virus has become so widespread that countries are no longer required to test and report individual cases. The number of cases reported therefore understates the actual number. Amongst Lao PDR's neighbours, there are currently 21 confirmed cases in Cambodia; 8044 (3 deaths) in China; 17 cases in Myanmar; 10,043 (65 deaths) in Thailand; and 936 in Viet Nam.

It is anticipated that the number of Pandemic H1N1 2009 cases in Lao PDR will increase in the near future to the point that testing and reporting of individual cases will no longer be useful. People should take the precautions noted below to help prevent the illness. For most of the cases in Lao PDR to date, the symptoms of Pandemic H1N1 2009 have been clinically mild and have not required special treatment. It is expected that this situation will continue.

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

- 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.

**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](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 Coordinating Office (NEIDCO). Hotline phone 166, or visit the UN Lao website: [www.unlao.org](http://www.unlao.org)

***For technical queries:***

Contact National Centre for Laboratory and Epidemiology (NCLE) at 021 350 209; or contact the World Health Organization—Lao PDR, Communications Officer Cathy Cochrane, email [cochranec@wpro.who.int](mailto:cochranec@wpro.who.int), phone 021 353902-4

***For general medical queries from UN staff ONLY:***

Contact the UN Dispensary, Ivy Caballes, email [ivy.caballes@undp.org](mailto:ivy.caballes@undp.org), office phone 021 267 789

*Please note that the UN Physician, Dr. Ben Buford, will be on leave until 24 August. Dr. Cecile Hermann will substitute. UN staff may contact her through the UN Dispensary.*

***Embassy staff should contact their normal clinic.***

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