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HQDA SURGEON GENERAL HEALTH CARE OPS

Recipient Type

TO

Subject

ALARACT 117/2009 - SWINE INFLUENZA A (H1N1) INFORMATION

Content Description ALARACT 117/2009 - SWINE

INFLUENZA A (H1N1) INFORMATION Message Body UNCLASSIFIED//  
THIS MESSAGE HAS BEEN SENT BY THE PENTAGON

TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON  
DC//DAMO-AOC//

SUBJECT: SWINE INFLUENZA A (H1N1) INFORMATION

THIS ALARACT MESSAGE IS SENT ON BEHALF OF THE SURGEON  
GENERAL//

REF/A/DODI 6025.19, INDIVIDUAL MEDICAL READINESS (IMR),  
03JAN06// REF/B/AR 40-501, STANDARDS OF MEDICAL

FITNESS, RAPID ACTION REVISION, 10SEP08//

1. (U) A NOVEL VIRUS STRAIN OF HUMAN SWINE INFLUENZA HAS  
BEEN IDENTIFIED IN THE UNITED STATES AND OTHER

COUNTRIES. CDC HAS DETERMINED THIS NOVEL STRAIN IS NOT A  
PANDEMIC AT THIS TIME. AS OF 281100QAPR09 THERE

HAVE BEEN SIXTY-FOUR CONFIRMED CASES OF THIS STRAIN IN THE  
UNITED STATES (TEN IN SOUTHERN CALIFORNIA, TWO IN

KANSAS, FORTY-FIVE IN NEW YORK CITY, ONE IN OHIO, AND SIX IN  
SAN ANTONIO, TX). ALL 64 CASES HAVE HAD MILD

INFLUENZA-LIKE ILLNESS WITH ONLY ONE REQUIRING BRIEF

HOSPITALIZATION. NO DEATHS HAVE BEEN REPORTED.

1. A. THERE IS ALSO AN INCREASE IN THE NUMBER OF CASES WITH FLU-LIKE SYMPTOMS AND/OR PNEUMONIA REPORTED FROM

MEXICO. AS OF 26 APRIL, THE GOVERNMENT OF MEXICO REPORTED 18 LABORATORY CONFIRMED CASES OF SWINE INFLUENZA

A/H1N1. INVESTIGATION IS CONTINUING TO CLARIFY THE SPREAD AND SEVERITY OF THE DISEASE IN MEXICO. SUSPECT

CLINICAL CASES HAVE BEEN REPORTED IN 19 OF THE COUNTRY'S 32 STATES. THE CDC RECOMMENDS THAT ALL TRAVELERS

AVOID NONESSENTIAL TRAVEL TO MEXICO.

1. B. FEDERAL (CDC AND USDA) AND STATE HEALTH AUTHORITIES ARE CONTINUING EPIDEMIOLOGICAL INVESTIGATIONS WITH

INCREASED MEDICAL/HEALTH SURVEILLANCE EFFORTS.

1. C. CURRENT DETAILS OF THIS EVENT CAN BE FOUND AT [HTTP://WWW.CDC.GOV/SWINEFLU/INDEX.HTM](http://www.cdc.gov/swineflu/index.htm)

2. (U) RECOMMENDED ACTIONS:

2. A. ARMY COMMANDS, ARMY SERVICE COMPONENT COMMANDS AND DIRECT REPORTING UNITS SHOULD INCREASE SURVEILLANCE

FOR FLU-LIKE SYMPTOMS, REVIEW AND UPDATE PANDEMIC INFLUENZA RESPONSE PLANS, COORDINATE WITH HOST

INSTALLATIONS TO REVIEW AND UPDATE INSTALLATION BIOLOGICAL INCIDENT PREPAREDNESS PLANS, AND REVIEW INFECTION

CONTROL PRACTICES. ALTHOUGH THERE IS NO PANDEMIC AT THIS TIME, PANDEMIC PREPAREDNESS EFFORTS (FOR EXAMPLE,

SURGE PLANNING, PERSONAL PROTECTIVE EQUIPMENT FIT TESTING, TELEWORK AND OTHER CONTINUITY OF OPERATIONS

INITIATIVES) ARE RELEVANT TO CURRENT RESPONSE REQUIREMENTS.

2. B. INDIVIDUALS SHOULD PRACTICE THESE SIMPLE PROCEDURES TO PREVENT THE SPREAD OF INFECTION:

2. B. (1) HAND WASHING WITH SOAP AND WARM OR HOT WATER. COLD WATER IS NOT AS EFFECTIVE FOR KILLING GERMS. IF

SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND

SANITIZER.

2. B. (2) USE A TISSUE TO COVER YOUR NOSE AND MOUTH WHEN YOU COUGH OR SNEEZE, OR COUGH OR SNEEZE INTO YOUR

ELBOW/SLEEVE RATHER THAN YOUR HAND.

2. B. (3) AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.

2. B. (4) AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

2. B. (5) INFORMATION SPECIFIC TO THE SWINE FLU IS AVAILABLE AT THE CDC WEBSITE:

[HTTP://WWW.CDC.GOV/SWINEFLU/SWINEFLU\\_YOU.HTM](http://www.cdc.gov/swineflu/swineflu_you.htm)

2. B. (6) ADDITIONAL INFORMATION IS AVAILABLE BY REVIEWING PANDEMIC FLU - A GUIDE FOR SERVICE MEMBERS AND

FAMILIES,

([HTTP://FHP.OSD.MIL/AIWATCHBOARD/PDF/FLU\\_TRIFOLD\\_JAN2007.PDF](http://fhp.osd.mil/aiwatchboard/pdf/flu_trifold_jan2007.pdf)) AND U. S. DEPARTMENT OF HEALTH AND

HUMAN SERVICES PANDEMIC INFLUENZA PLANNING: A GUIDE FOR INDIVIDUALS AND

FAMILIES, ([HTTP://WWW.PANDEMICFLU.GOV/PLAN/PDF/GUIDE.PDF](http://www.pandemicflu.gov/plan/pdf/guide.pdf))

2. C. THE SYMPTOMS OF SWINE FLU IN HUMANS ARE SIMILAR TO THE SYMPTOMS OF SEASONAL FLU IN HUMANS AND MAY

INCLUDE FEVER (GREATER THAN 100 F, OR 37.8 C), SORE THROAT, COUGH, STUFFY NOSE, CHILLS, HEADACHES, AND

FATIGUE. SOME PEOPLE HAVE REPORTED DIARRHEA AND VOMITING ASSOCIATED WITH SWINE FLU. LIKE SEASONAL FLU, SWINE

FLU MAY CAUSE A WORSENING OF UNDERLYING CHRONIC MEDICAL CONDITIONS.

3. (U) THOSE WITH FLU-LIKE SYMPTOMS SHOULD STAY HOME FROM WORK, SCHOOL AND SOCIAL GATHERINGS. THIS CAN HELP

PREVENT THE SPREAD OF INFECTION. CONSULT YOUR HEALTH CARE PROVIDER IF FLU-LIKE SYMPTOMS DEVELOP, ESPECIALLY

FOR THOSE PERSONNEL AT A HIGHER RISK FOR COMPLICATIONS OF THE FLU. MILITARY HEALTH CARE FACILITIES SHOULD

REPORT SUSPECTED CASES OF SWINE FLU THROUGH THEIR

ESTABLISHED SERVICE REPORTING SYSTEMS AS SOON AS POSSIBLE.

4. (U) PUBLIC AFFAIRS GUIDANCE. MEDCOM PAO WILL SEND FREQUENTLY ASKED QUESTIONS, FACT SHEETS, TSG BLOG AND

LINKS TO OTHER PERTINENT SITES TO ARMY PAOS. THIS INFORMATION MAY BE USED LOCALLY AND NATIONALLY TO RESPOND

TO QUERIES FROM SOLDIERS/FAMILIES, RETIREES/FAMILIES, MEDIA AND CONGRESS AND TO EDUCATE BENEFICIARIES AND

THE PUBLIC.

5. (U) THE HQDA POC FOR THIS ACTION IS COL SCOTT STANEK, OFFICE OF THE SURGEON GENERAL, COM: 703-681-3130,

DSN: 761-3130, EMAIL: SCOTT.STANEK@US.ARMY.MIL.

6. (U) EXPIRATION DATE CANNOT BE DETERMINED.