

# ALERT: Community-Wide Influenza Outbreak

March 18, 2016

Peterborough County-City  
**HEALTH UNIT**  
...because health matters!

To all Healthcare Providers:

This week Medical Officer of Health Dr. Rosana Salvaterra declared a community-wide influenza outbreak due to a recent increase in the number of confirmed local cases. This outbreak affects the City and County of Peterborough.

More than 50 lab-confirmed cases have indicated that both Influenza A and Influenza B strains are circulating. One long-term care facility has both. The strains in the vaccine this year are a good match with the circulating strain of Influenza A (H1N1) pdm 09. Both Influenza B Phuket (contained in the trivalent vaccine) and Influenza B Brisbane (contained in the quadrivalent vaccine) have been isolated in Ontario.

## **Use of Antivirals**

Most Influenza A strains are resistant to amantadine. Oseltamivir (Tamiflu™) and zanamivir (Relenza™) are recommended for the prevention or treatment of both Influenza A and B. So far only 1 of 146 Influenza A H1N1 pdm 09 strains tested in Ontario was resistant to oseltamivir. Unimmunized staff in outbreak facilities should be taking prophylaxis antiviral medication for the duration of the outbreak. Antiviral treatment of influenza should commence as soon as possible for any confirmed or suspect case that is hospitalized; has severe, complicated or progressive illness; or is at higher risk for influenza complications.

Please make sure that you and your staff are protected. Provide masks, tissues/garbage for tissue, and hand sanitizers in your office for clients and staff and encourage their use appropriately. Provide a separation between symptomatic and well clients, i.e. cough corner.

For further information, please contact a Public Health Nurse in the Vaccine Preventable Disease Program at 705-743-1000, ext. 131.

Dr. Rosana Salvaterra, MD, MSc, CCFP, FRCPC  
Medical Officer of Health

[www.pcchu.ca](http://www.pcchu.ca)