

WHO Philippines

Pandemic H1N1 2009 Brief Situation Report for Partners in the Philippines

Number 58

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- **Pandemic alert level remains at Phase 6**
- **WHO recommends changes in reporting requirements**
- **DOH will issue weekly updates. Total number of cases in the country is 3207 with 6 deaths as of 30 July 2009.**
- **25,334 cases with 31 deaths (IHR) are laboratory confirmed and officially reported in 23 WHO Western Pacific countries as of 30 July 2009**

Updates as of 30 July 2009

Total No. of laboratory confirmed cases at the global level – 138,260

Laboratory confirmed Deaths – 817

No. of affected countries/territories/areas – 157

- The WHO will no longer issue global updates showing the numbers of confirmed cases in all countries. Instead, regular updates will be provided describing the situation in newly affected countries.
- Countries will no longer be required to submit regular reports of confirmed cases to the WHO. However, countries are being asked to inform WHO on a weekly basis of the trends, the geographical spread and the impact on the health care system and reporting of mortality data as the number of deaths due to acute respiratory diseases is expected to increase.
- While most cases of H1N1 tend to be mild with patients recovering even without the intake of Tamiflu, those with influenza-like illness and who belong to any of the high risk groups should seek medical consultation immediately, and not wait for the symptoms to worsen. Experience in other affected countries show that those with underlying chronic health conditions are at highest risk for severe complications with the disease.
- High risk groups include people with chronic respiratory conditions like asthma and other obstructive pulmonary diseases, cardiac diseases, diabetes, chronic metabolic and renal diseases, chronic neurologic conditions, haemoglobinopathies, those who are immunosuppressed, persons with morbid obesity, pregnant women particularly in the second and third trimesters, the very young and the very old.
- Obese people – especially those with morbid obesity – are one of the groups of people who are at high risk for severe illness with H1N1. Exacerbating this risk is the fact that many obese people are unaware that they may have other underlying chronic conditions and thus may not know of their elevated risk for serious complications with the H1N1.

- With Pandemic (H1N1) 2009 expected to circulate in communities for months and possibly years to come, obese people are advised to try to lose weight to reduce any risks of complications from the virus.
- Though people with underlying health conditions are considered more vulnerable to serious complications with the virus, young and healthy teenagers and adults under 50 years of age have also become seriously ill and in some cases died. Consequently young and healthy teens and adults should seek immediate medical care if they show serious symptoms of this virus.

People who are otherwise healthy and have mild influenza symptoms should:

- Stay at home and away from work, school or crowded areas until symptoms have passed.
- Contact a medical doctor by phone if necessary.
- Cover nose and mouth when coughing and sneezing; dispose of tissues carefully.
- Clean hands regularly and immediately after coughing or sneezing with soap and water, or cleanse with alcohol rub.
- Rest, drink plenty of fluids, use non-aspirin pain reliever for fever and aches.
- The latest DOH updates and guidelines are available at www.doh.gov.ph

WHO Actions

- WHO is providing technical and manpower support to the DOH to assist regional disaster coordinating councils in formulating their regional pandemic mitigation response plans and is also assisting the DOH in strengthening infection control in hospitals and health facilities
- WHO's support to countries takes three main forms: technical guidance, materials support, and training of health care system personnel.
- The latest WHO recommendations and situation updates can be found at <http://www.who.int> and at <http://www.wpro.who.int/philippines>