

This brochure provides guidance in the recognition and management of cases of severe respiratory illness in people who traveled to areas at risk and what to expect during a pandemic.

Public Health Directorate
Ministry of Health
Diseases Control Section

**PREPARING
FOR AN AVIAN
INFLUENZA
PANDEMIC**

**A Practical Guide for
Health Care Workers**

Introduction

The Diseases Control Section developed this guideline to assist you in preparation for and the recognition of severe respiratory diseases that may have been acquired overseas, such as avian or pandemic influenza, or SARS. This guideline will be valuable when there are suspected or confirmed cases of efficient human to human transmission of these diseases. Because of the current threat, I urge you to consider how you can apply this information in your practice. Doctors, Pharmacists, Emergency Department Staff and international Border staff will be the first point of contact by affected members of the public if such diseases appear in Bahrain. It is important that as a health care worker, you keep up-to – date with current information on the health risks involved with traveling. Your vigilance in recognizing and responding to respiratory diseases in people who have traveled overseas is essential in the prevention of a major outbreak in Bahrain.

Dr. Nada Haffadh

Minister of Health

What to do now

Given the current global situation, please consider your level of preparedness for an influenza pandemic or other major outbreak of respiratory disease, in particular:

- Be vigilant for the possibility of severe or emerging respiratory disease in people who have recently traveled overseas.
- Plan for how you will identify high-risk patients when they present.
- Plan for how you will manage such patients, including:
 - having surgical masks available for the patient and staff; and/or.
 - Identifying areas to keep these patients away from others.
- Review staff infection control procedures and train staff in the use of personal protective equipment (PPE).
- Urge all staff to be vaccinated each year against seasonal influenza.

B. Surveillance protocol Algorithm for ports

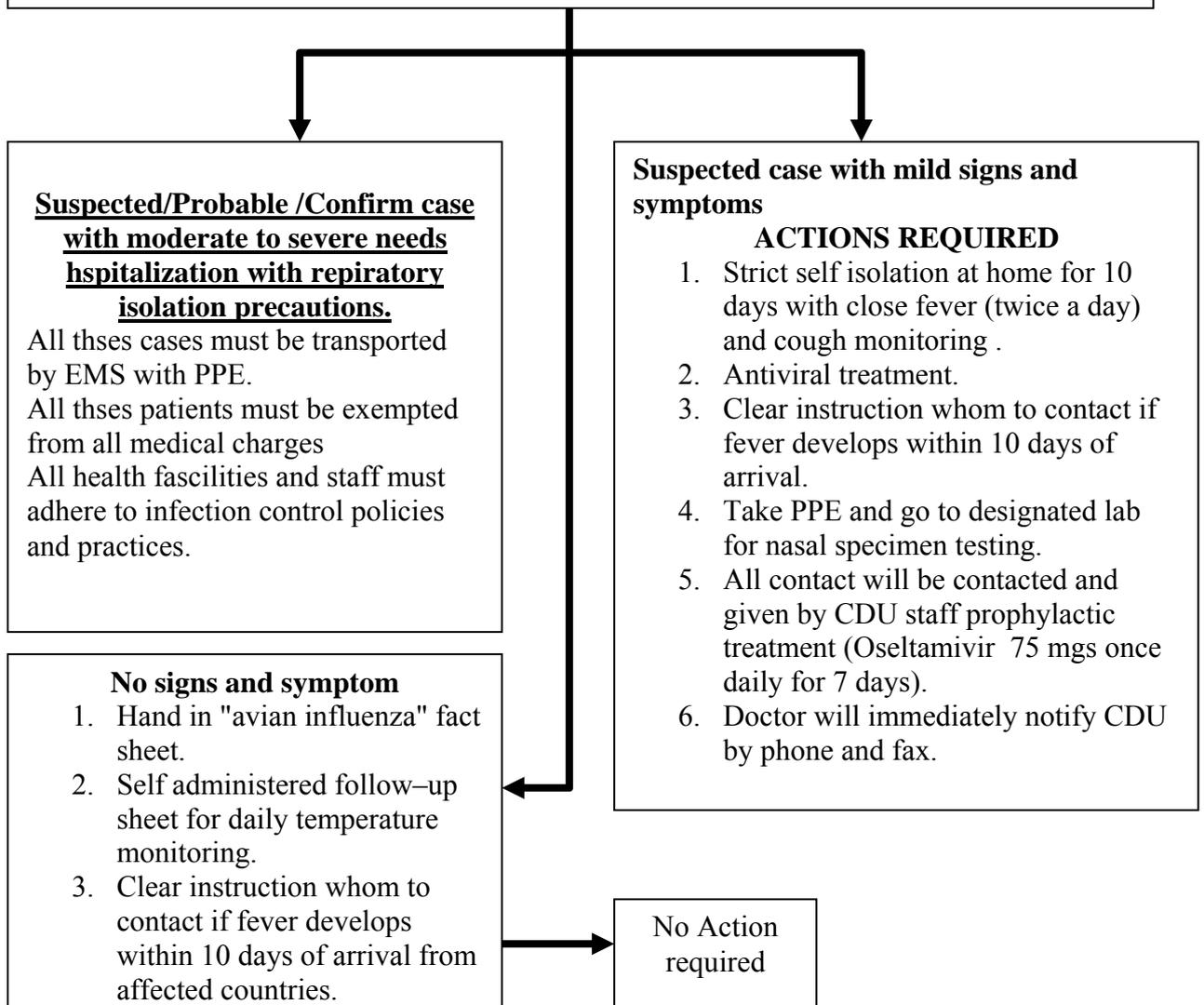
Port of Entry: Seaport and International Airport Ship/pilot/causeway has to inform ground staff by radio call if a suspected passenger or crew is onboard

Self declaration form to be filled by passengers arriving with affected countries within 10 days travel history.

Doctors at Seaport and international Airport will take travel history and clinical assessment. Specific actions required according to cases definition.

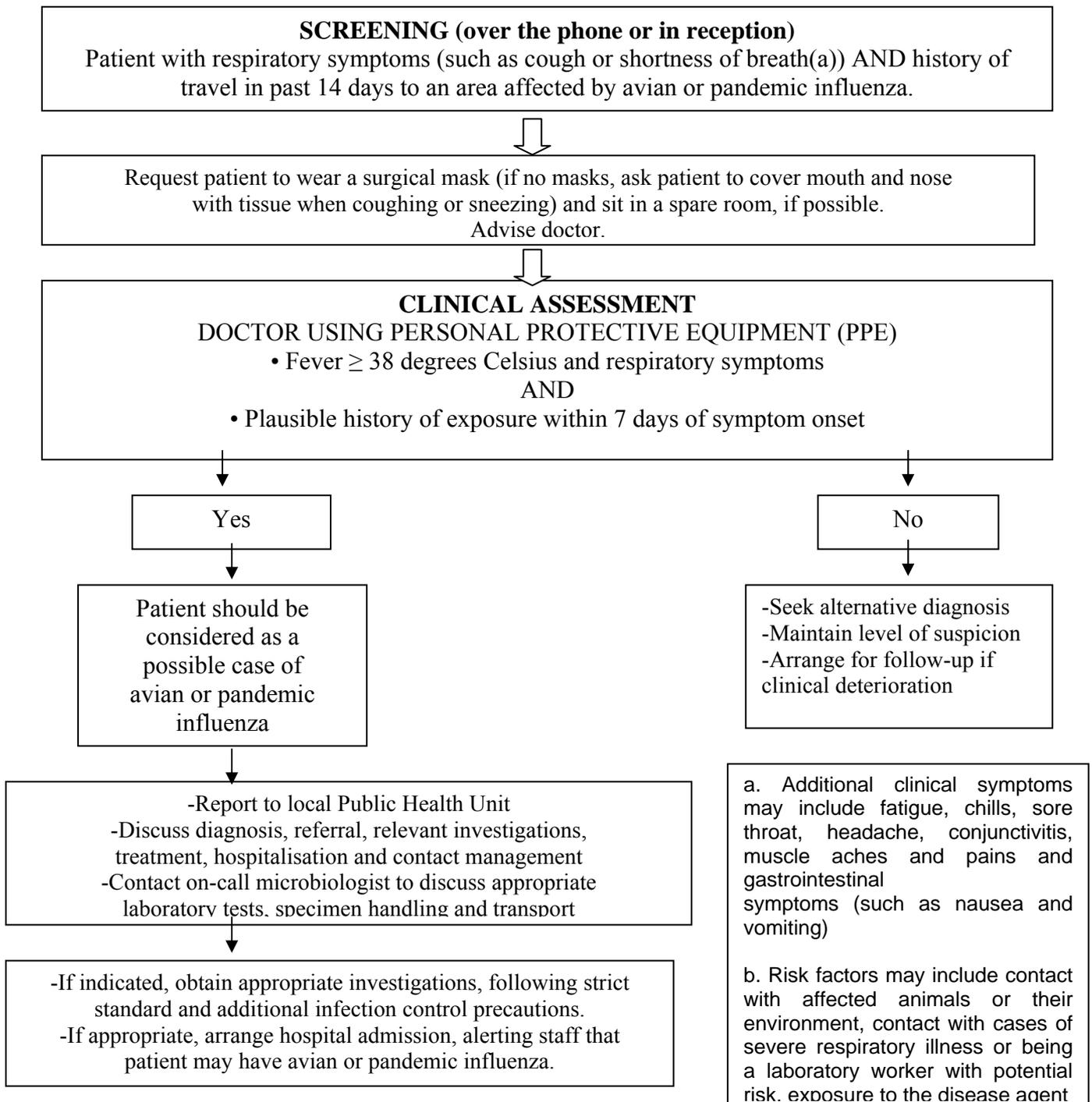
Airport doctor to take PPE and conduct:

1. Clinical assessment.
2. Temperature check.
3. Respiratory symptoms.
4. Fill- out data recording sheet.



AVIAN OR PANDEMIC INFLUENZA DETECTION CHART A MODEL PLAN FOR THE DETECTION AND MANAGEMENT OF SUSPECTED AVIAN OR PANDEMIC INFLUENZA CASES

This is based on what is currently known about avian and pandemic influenza and will be updated in light of new information.



What will happen in Pandemic

The announcement of the onset of influenza Pandemic is a significant public health event. Bahrain has an action plan to recognize and respond to an influenza pandemic, which may also be applied to other major respiratory outbreaks.

More detailed patient management guidance will be available in the Ministry of Health Avian Influenza management plan.

Health Care Workers play an essential part in the national pandemic plan. Therefore, the protection of the health of yourself and the staff at your practice, through adherence to infection control procedures and use of personal protective equipment will be crucial.

At the onset of an influenza pandemic, it is expected that there will be a high level of public anxiety. The media will be used extensively to convey messages about the outbreak from the Diseases Control Section. Recommendations for health care workers will be provided through the media, health departments and the Ministry of Health web site.

As the hospital system would be expected to reach maximum capacity quickly, it is likely that the Health Centers will be set up to screen patients for influenza. Patients may then be recommended to be admitted to specific influenza hospital or be cared for at home.

Vaccines

The current seasonal influenza vaccines gives no protection against a pandemic strain of avian influenza virus. From the onset of an influenza pandemic, a new vaccine may take between two to four months to develop and it may be difficult to ensure there are adequate supplies.

Antivirals

Oseltamivir (Tamiflu) and (Zanamivir) are commercially available antivirals that can be used to treat acute influenza when started within 48 hours of the onset of symptoms. Both of these agents may also be used for prophylaxis against pandemic influenza A strains in the absence of an effective vaccine. Consult the manufacture's product information sheets for indications, dosage, adverse reactions and current limitations on paediatric use.

Antiviral agents will be used in Bahrain during a pandemic. These will be allocated in accordance with nationally-determined priorities. Supplies of antivirals may become exhausted during the early stages of a pandemic.

List of useful phone numbers and websites:

- www.health.gov.bh
- Diseases Control Section website www.ai.health.gov.bh contains
 - Contingency plan for avian influenza pandemic in Bahrain.
 - Contact details.
 - Areas of concern and case definition for avian influenza
 - Algorithms in the pandemic phase.
- Disease Control Section, 17279234
 - Communicable Disease Unit, 17279214
 - Immunization Unit, 17279234
- Health Education hot line 17279610.
- Other internet sites:
- World Health Organization web site <http://www.who.int>
- Centers for Disease Control and preventions USA <http://www.cdc.gov>.