



The Conant Foundation

A COMMUNITY FORUM ON HIV AND INFLUENZA



Co-Sponsors

CONANT FOUNDATION AND PROJECT INFORM



www.conantfoundation.org

- Get important news and information on HIV/AIDS, sexually transmitted infections, and other health issues facing our community
- Health alerts from Doctor Conant
- Sign up for our weekly electronic newsletter!

www.conantfoundation.org/flu

Visit our new section on influenza!

Conant Foundation

"...providing patients and their caregivers with the educational tools and information they need to make the best possible decisions regarding diagnosis, treatment, and management of HIV/AIDS and other sexually transmitted diseases."

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Flu Information

Welcome to our special section on influenza. We hope to provide you with the information you need to help you protect yourself during this alarming flu season!

Attention! Community forum on influenza coming soon!

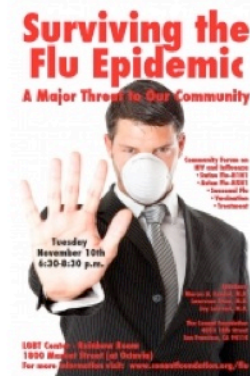
What: Community forum on HIV and the flu, sponsored by Project Inform and the Conant Foundation. Educate yourself on the different types of flu, flu prevention, vaccination and treatment.

When: November 10th. 6:30pm-8:30pm

Where: LGBT Center, 1800 Market Street (at Octavia)

Who:

- Marcus A. Conant, M.D. – Moderator
- Lawrence Drew, M.D. – Guest Speaker/Panelist
- Jay Lalezari, M.D. – Guest Speaker/Panelist
- Alan McCord – Guest Speaker/Panelist



What's New

- Forums and Events
- From the Desk of Dr. Conant
- Important Clinical Trials
- In the News
- Lectures

Looking for information on the flu?

Click here!



Email Newsletter

Sign up to receive email updates!

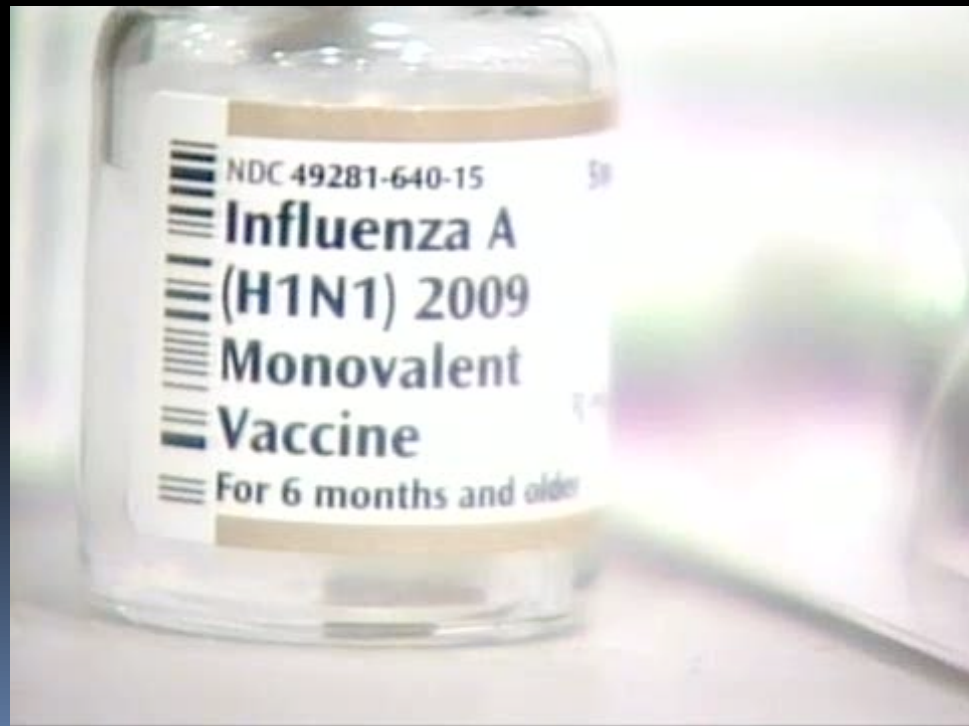
CLICK HERE!

Please note: Doctor Conant recommends that all HIV patients, pregnant women and health care workers should be vaccinated for both seasonal flu and swine flu (H1N1) as soon as

Three actions to fight the flu

From the CDC (Centers for Disease Control)

- 1 Get vaccinated for both the seasonal flu and H₁N₁ flu



2 Use everyday preventative measures

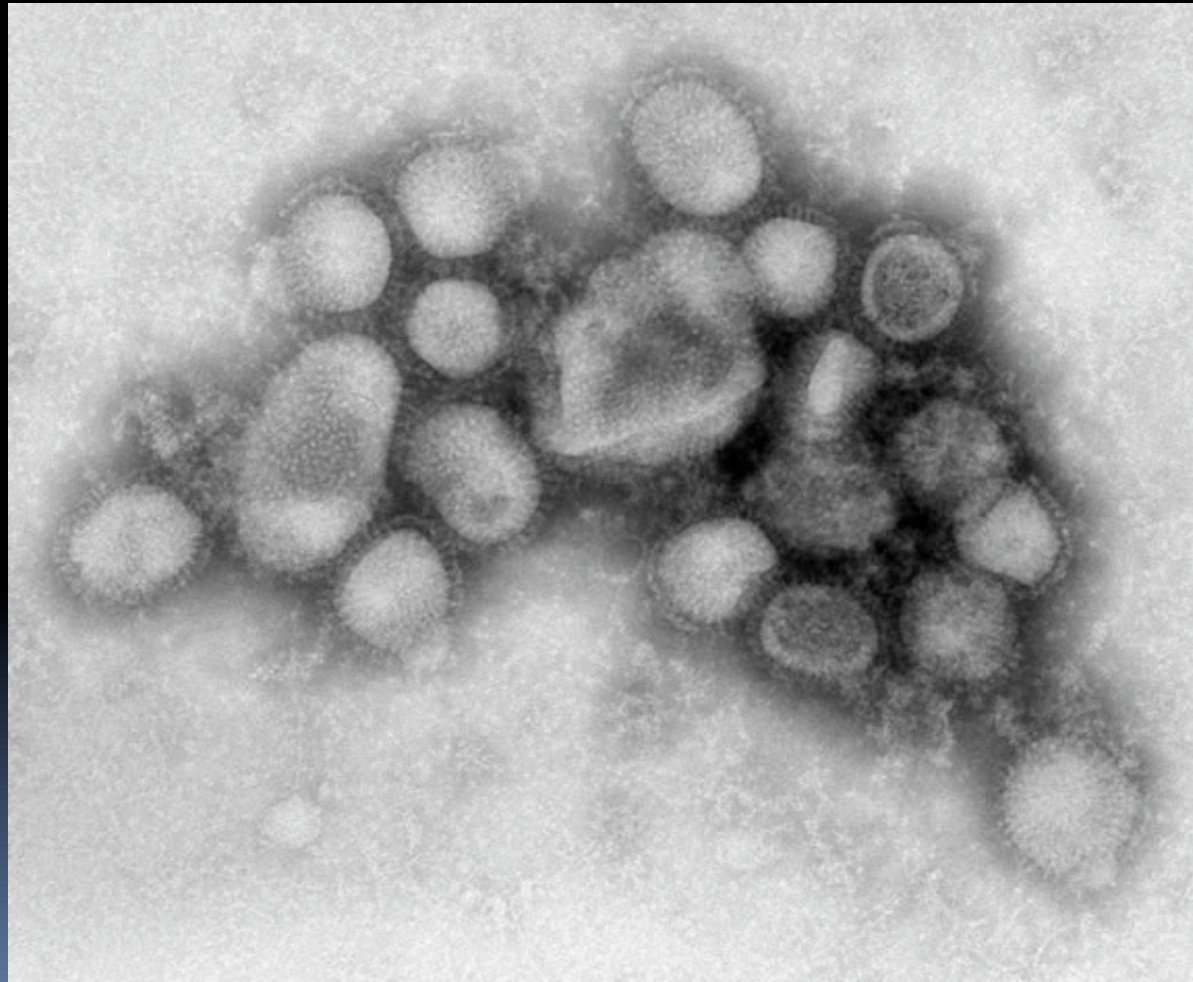
- Keep your hands clean!
- Avoid people with the flu
- Use a mask on a plane
- Stay home from work or school if sick
- Cover your mouth when you cough (or cough into your elbow)





3 Take antivirals if your doctor prescribes them

H₁N₁ Virus



There is widespread flu activity in most states...

FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending October 24, 2009- Week 42



*This map indicates geographic spread and does not measure the severity of influenza activity.

The three types of flu:

Seasonal flu

- Influenza A- H₃N₂, H₁N₁ (different from swine flu), Influenza B

Swine flu

- Influenza A- H₁N₁ (different from seasonal)

Bird flu (Avian)

- Influenza A- H₅N₁

Deaths from flu:

Seasonal flu: 30,000 per year in the US

Swine flu (H₁N₁): 60,000 US (projected)

Bird flu (H₅N₁): 60% death rate in Asia

Individuals at risk:

- Everyone 6 months to 24 years old
- Everyone over 24 years of age with HIV or chronic disease (diabetes, asthma, obesity)
- Pregnant women
- Caregiver for children less than 6 months old
- All healthcare personnel

Types of flu vaccine:

Shot: Killed virus

Nasal spray: Live virus (attenuated)

Immunosuppressed people should have the shot, not the live virus..



Pneumovax

- Revaccination of immunocompetent persons previously vaccinated is *not* routinely recommended.
- Revaccination *once* is recommended for persons who are at highest risk of serious pneumococcal infection, including HIV positive patients, as long as five years have passed since first administered.
- If prior vaccination status is unknown for patients in the high-risk group, patients should be given pneumococcal vaccine.

Pneumovax (cont.)

- All persons 65 years of age or older who have not received vaccine within 5 years should receive another dose of vaccine.
- Revaccination following a second dose is not routinely recommended.

Vaccine availability

Seasonal flu supply is gone

More Swine flu (H1N1) vaccine is not expected until end of year

Barriers to production

- Poor reimbursement/profits
- Law suits (children)
- Live virus
- Grown in eggs
- Seasonal is three strains
- Expires in a few months



Influenza Treatment

Tamiflu 75mg twice a day for five days

Influenza Prophylaxis (prevention)



Tamiflu 75mg every day for ten days

Differential Diagnosis

Influenza

- Fever over 101° F
- Some malaise
- Chest cold

Head cold


- Fever under 101° F
- Little malaise
- Sinus cold

How Doctor Conant treats upper respiratory tract infections

- Aspirin (two every four hours)
- Sudafed (long acting, non-drowsy, one in the morning)
- Actifed (two at bedtime)
- 3000cc (3 quarts) of electrolytes a day (chicken soup, Gatorade, etc)
- Bed rest

As needed:

Sucrets or Fisherman's Friend lozenges (for sore throat)
Lomotil (for diarrhea)



How Doctor Conant treats upper respiratory tract infections (cont.)

Evaluate for influenza

Evaluate for bacterial pneumonia

Evaluate for PCP





Resources

www.flu.gov

www.conantfoundation.org/flu

www.projectinform.org

www.cdc.gov/flu





The Conant Foundation would
like to thank our panelists

Lawrence Drew, M.D.

Jay Lalezari, M.D.

Alan McCord, Project Inform

