



**STATE OF NEW HAMPSHIRE
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF PUBLIC HEALTH SERVICES**



**Nicholas A. Toumpas
Commissioner**

**29 HAZEN DRIVE, CONCORD, NH 03301-6527
603-271-4502 1-800-852-3345 Ext. 4502
Fax: 603-271-4934 TDD Access: 1-800-735-2964**

**José Thier Montero
Director**

Swine-Origin Influenza A (H1N1) Virus and Concerns for People Living with HIV

The New Hampshire Department of Health and Human Services (DHHS) is working very closely with our state partners as well as health officials at the Centers for Disease Control and Prevention (CDC) and in other states to monitor and respond to the outbreak of swine-origin influenza A (H1N1). The DHHS Division of Public Health Services (DPHS) is monitoring the situation here in New Hampshire.

What we currently know about the possible impact of the H1N1 virus on people living with HIV is based on existing knowledge about seasonal influenza. People living with HIV/AIDS who get seasonal influenza – in particular those with low CD4 counts – can experience more severe illness, faster progressing illness, and more complications than people without HIV. HIV-infected persons who have flu symptoms or think they might have been exposed to someone with influenza (whether swine-origin flu or seasonal flu) should consult their healthcare provider to assess the need for evaluation and for possible anti-influenza medication. Anti-flu medications can be given to people who have been exposed to flu to help prevent them from getting sick. These medications can also be given to people who are already sick with the flu to help reduce symptoms, speed up recovery, and prevent complications. To be most effective, these drugs should be started within 48 hours after symptoms first appear. There are no known drug interactions between anti-retroviral (HIV) drugs and flu medications.

While there is currently no vaccine available to protect against the H1N1 virus, there are a number of daily actions individuals can take to help prevent the spread of germs that cause respiratory illnesses like influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Try to avoid close contact with sick people.
- Avoid sharing eating utensils.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

For specific concerns or questions about Swine-Origin Influenza A (H1N1) Virus, call the New Hampshire Department of Health and Human Services Swine Flu Public Inquiry Line at 800-330-6764.

For more information, please refer to the attached Swine Influenza Fact Sheet. More information is also available at http://www.dhhs.state.nh.us/DHHS/DHHS_SITE/swineflu.htm or www.cdc.gov/h1n1flu/guidance_HIV.htm.