

Key Points for those with Cystic Fibrosis and Pandemic (H1N1) 2009

21/08/09

Version 1.1

Please refer to the document "Information and medical advice about Pandemic (H1N1) 2009 for people with Cystic Fibrosis (CF)" for more detail

- People with CF are not at increased risk of catching the Pandemic (H1N1) 2009 virus BUT patients with CF are at increased risk of respiratory problems if they acquire the virus.
- People with CF may be at increased risk of complications if in another high-risk group e.g. diabetes.
- Prevention is important: Practice good respiratory hygiene and cough etiquette (page 10 of main document), avoid contact with ill individuals.
- Identify flu friends who can collect medicines and other supplies for you.
- At home have a supply of paracetamol, a thermometer, non-perishable food items, key telephone numbers - for example your CF Unit, your GP, your flu-friend(s) and the HSE Flu Information Line (**Freephone 1800 94 11 00**).
- Know the symptoms of influenza.
- Know what to do if a house-hold member develops Pandemic (H1N1) 2009 influenza (see 'Guidance on caring for persons at home with Influenza A(H1N1)v' available on <http://www.hpsc.ie/hpsc/A->

[Z/EmergencyPlanning/AvianPandemicInfluenza/SwineInfluenza/AdvicefortheGeneralPublic/File,3660,en.pdf](#)).

- Know what to do if you/ your child have symptoms.
- If symptoms develop contact your CF team as soon as possible - if your clinician decides that anti-virals are required they should be started as soon as possible.
- When advised and when they are available get the:
 - Pandemic (H1N1) 2009 vaccine (2 doses)
 - Seasonal influenza vaccine - guidance is awaited regarding the best timing of this vaccine in relation to the new pandemic vaccine
 - Pneumococcal vaccine - check with your clinician if a dose is needed.
- Please note that the anti-virals and the pandemic vaccine are different. The anti-viral medication most likely to be prescribed for people with CF is Oseltamivir (Tamiflu). This is a capsule, which is taken orally for a number of days. The vaccine will be given by injection.
- Please note that the pandemic vaccine is different to the seasonal influenza vaccine. Both will be required.