

**CDC Clinician Outreach and Communication Activity
Maternal and Child Health Issues Related to the H1N1 Flu
May 1, 2009 Conference Call Summary**

- The call focused on pregnant women and children
- Right now, the virus is spreading; there are several outbreaks and high attack rates
- In non-hospitalized patients with this flu, the majority are under 18 years old
- Symptoms include traditional and some non-traditional variations : fever, cough, runny nose, headache, sore throat, muscle aches, vomiting, and diarrhea
- Most cases are uncomplicated and do not require hospitalization
- It is completely safe to eat cooked pork

Children

- Children are quite susceptible
- The flu is more serious in children under 5 years old
- It is more serious in children with chronic medical conditions
- In hospitalized children under 2 years of age, there is usually an underlying chronic medical condition
- Do not give aspirin or aspirin-containing products to children under 18 years of age

Child Care Issues

- Child care centers should have a plan for responding to a pandemic and should review it
- Sick children and workers should stay home

Pregnant Women

- Pregnant women are at the greatest risk for morbidity and mortality. They have a high risk of complications
- Fetal distress can occur if mother gets the flu
- Fever in late pregnancy can lead to adverse outcomes and should be treated
- Any risk to the fetus is outweighed by the benefits of treating the mother
- Treatment should start as soon as possible after onset (within 48 hours is best) but late treatment is better than no treatment
- Decrease exposure to virus: wash hands; cover coughs and sneezes; avoid crowds
- Pregnant women who work in health care: keep away from patients, if possible

Infant Feeding

- Infants not breastfed are at increased risk
- Breastfeeding is not contraindicated
- Exclusive breastfeeding is protective
- If combination feeding: try to increase amount of breastfeeding
- Currently recommended anti-viral medications are compatible with breastfeeding
- If infant is sick and can't suck: express mother's milk
- Prevent the spread of germs: wash hands, keep mother and baby together, clean pacifiers and shared toys

Mother sick at delivery

- Use mask when near baby
- Take recommended medication
- May need to clean breast with soap and water prior to breastfeeding
- May need to separate non-breastfeeding mother and infant

A recording of this call will be posted to the CDC Web site, www.cd.gov under the Section, CDC Clinician Outreach and Communication Activity (COCA). For the latest CDC updates on the H1N1 flu, please go to: www.cdc.gov/h1n1flu.