

Richard F. Daines, M.D.
Commissioner

Wendy E. Saunders
Executive Deputy Commissioner

**New York State Department of Health (NYSDOH)
Interim Exclusion Guidance for Novel H1N1 Influenza
July 2, 2009**

This document provides updated interim guidance on the length of exclusion of ill persons in congregate or work settings as a suggested means to reduce the spread of novel H1N1 influenza. These revised recommendations are based on the assessment of available information regarding the spread and severity of novel H1N1 influenza in New York State (NYS) and consideration of the potential adverse impact of implementing lengthy exclusion periods on individuals and communities. In addition, research about secondary transmission rates is currently being conducted at the Centers for Disease Control and Prevention (CDC). Unofficial data analysis indicates that a 7 day exclusion period is not necessary in most cases. **It is fully expected that CDC will be issuing new guidance in the coming weeks that will likely supersede this interim guidance.** It is important to note that exclusion of ill persons is only one part of efforts to control the spread of novel H1N1 influenza and should be done in conjunction with the promotion of good cough etiquette and hand hygiene.

A person with influenza-like illness[†](ILI) should be excluded from school, work, and related activities and should not go into the community, except to seek medical care, until they are symptom-free (no fever without fever control medications and feels well) for at least 24 hours. Longer exclusion for up to 7 days should be strongly considered in settings that have significant numbers of vulnerable individuals[‡] (those who have high-risk conditions for influenza complications). As a reminder, the residual cough that is often associated with influenza should not be considered reason to continue exclusion. This guidance applies to healthcare workers but does not apply to patients in healthcare facilities. All such patients should be continued on proper transmission based precautions for 7 days or until resolution of symptoms, whichever is longer.

[†]Symptoms of ILI and possible novel influenza A (H1N1) include fever (measured temperature of 100°F or more) and either cough or sore throat. In addition, illness may be accompanied by other symptoms including headache, tiredness, runny or stuffy nose, body aches, diarrhea, and vomiting.

[‡]People at high risk for influenza complications include:

- Children younger than 5 years old (especially those under 2 years old)
- Pregnant women
- People with:
 - Lung conditions (especially asthma)
 - Heart conditions (except hypertension)
 - Chronic kidney and liver disease
 - Blood disorders (including sickle cell disease)
 - Neurologic disorders (including intellectual and developmental disability, cerebral palsy, spinal cord injuries, seizure disorders or other neuromuscular disorders)
 - Metabolic disorders (such as diabetes mellitus)
 - Immunosuppression (including those who have immune systems that are weakened by medications or HIV/AIDS)
- Children and adolescents (younger than 19 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection
- Persons aged 65 years or older
- Residents of nursing homes and other chronic-care facilities