ABSTRACT

This study is a cross-sectional surveillance study of Pandemic (H1N1) 2009 cases admitted to designated hospitals during the period of mid September to mid November, 2009. The objective of this study is to describe the containment measures at source by means of surveillance and quarantine measures. Laboratory records, WHO case summary forms and surveillance and quarantine data in Yangon Division within the study period were reviewed. Two cases found before the study period were described too as case scenarios. Nineteen laboratory confirmed cases, observed within the study period, were analyzed on their demographic, clinical, exposure locations, laboratory and surveillance data. Among a total of 19 cases, 8 were localized transmitted cases and 11 were imported cases predominately from Singapore and Thailand. The mean age of Pandemic (H1N1) 2009 was 26.3 years. More than one third (36.8%) of the total cases was in the age group of 20-29 years. Nearly 95 % of the cases were under the age of 40 years. Statistically significant difference was identified between mean age of imported cases and localized transmitted cases ($p<0.04$). Gender distribution showed 14 males and 5 females. Most of the cases were students and employees in foreign countries and local companies. Healthy young adult males were being more affected than the general population. The most frequent signs and symptoms in the patients were fever, dry or productive cough, sore throat, runny nose, muscle and joint pain and other manifestations that were nonspecific for Pandemic (H1N1) 2009 and indistinguishable from those of seasonal influenza. Unusual symptoms of influenza, such as diarrhea or seizures were not found and relatively mild. Mean duration of fever was 2.4 Â± 1.7 days. Few (15.8%) of the cases had underlying risk factors for severe influenza. Laboratory diagnosis of Pandemic (H1N1) 2009 was done by real time RT-PCR or conventional RT-PCR and viral cultivation of respiratory samples; nasal swab, throat swab and nasopharyngeal swab. All of the cases had been treated with Oseltamivir once diagnosed. All patients recovered quickly and were discharged from hospitals. This study also demonstrated the localized transmission of the disease only among the household members who were the close contacts of the confirmed cases and other peoples. There was no documented evidence of transmission to healthcare workers. Pandemic (H1N1) 2009 has localized activity and is of low intensity in Myanmar. Acknowledgements