



North Carolina Department of Health and Human Services  
Division of Public Health • Epidemiology Section

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**October 27, 2009**

**To:** North Carolina Health Care Providers  
**From:** Megan Davies, MD, State Epidemiologist

**Re: Severe Influenza in Pregnancy: Consultation and Reporting (1 page)**

Pregnant women are at higher risk for severe complications and death from influenza, including both 2009 pandemic H1N1 influenza and seasonal influenza. **Clinicians should treat pregnant women with influenza-like illness as soon as possible. Treatment should not be withheld pending results of testing for influenza**, if testing is done. The North Carolina Division of Public Health (NC DPH) would also like to alert clinicians to the following resources:

Clinical Consultation and Resources:

- A **CDC 24/7 clinician support line (404-368-2133)** is available to provide clarification on CDC guidance concerning pregnant women and offer clinical consultation with a board-certified OB/GYN.
- Extensive guidance regarding the care and treatment of pregnant women is available at [www.cdc.gov/h1n1flu/clinician\\_pregnant.htm](http://www.cdc.gov/h1n1flu/clinician_pregnant.htm).
- A guide for pregnant women and parents is available at [www.flu.nc.gov](http://www.flu.nc.gov).

Reporting:

NC DPH is working closely with CDC to monitor severe influenza infections in pregnant and postpartum women.

- **If you are caring for any pregnant or immediately postpartum women (within 6 weeks of delivery) who are admitted to an intensive care unit for treatment of any type of influenza, please call the NC DPH epidemiologist on-call at 919-733-3419 to report the case.**
- Please also remember that clinicians are required by North Carolina law to report all influenza-associated deaths to their local health department.

Thank you for supporting this important public health effort.

