



MINISTRY OF HEALTH

SPOT REPORT ON SUSPECTED “NOVEL” INFLUENZA CASE IN NAIROBI ON 20TH JULY 2019

Date/ Time: Saturday, 20 July 2019 at 2100 hours

Information Source: Dr. Vishal Patel, Medical Director

Narrative:

Index case was a 17-year-old male, who reported to MP Shah Hospital on Thursday, 18th July 2019 with flu like symptoms, chest pain, difficulty in breathing and was very ill. He was subsequently admitted to the high dependency unit (HDU) with worsening symptoms and got respiratory failure and progressed to acute respiratory distress syndrome (ARDS) with diffuse alveolar hemorrhage and passed on Friday 19th July 2019. The index case had no reported comorbidities. The case had a positive history of travel to Watamu that lasted 7 days, and came back to Nairobi 14 days ago. In Watamu, the index case was reported to have stayed with a group of 10 friends, none who has reported being ill. On coming back to Nairobi, the index case stayed with his family (of 4) out of whom two have fallen ill. The younger sister aged 14 years has reported having flu like symptoms but is in a stable condition being managed as an outpatient, while the mother who is 46 years has also developed flu-like symptoms and has been admitted at Aga Khan University Hospital (has a positive rapid PCR test for Influenza A H3). Only the father is well.

In addition to the **three cases**, there is a fourth case of a medical officer who is epi-linked to the index case at MP Shah Hospital. He started showing flu-like symptoms on Friday 19th July 2019 and is currently admitted and undergoing treatment at the aforementioned health facility and is stable.

Actions:

1. Tracheal aspirate from the index case sent for Nairobi Hospital on 18th July 2019 for a rapid PCR (biofire ®). Results indicated a H3 strain of Influenza A virus. The rapid PCR only tests for the H antigen, not the N antigen. This will be run at National Influenza Laboratory (National Public Health Laboratories) on Sunday 21 July 2019.
2. Samples from the epi-linked medical officer have been sent to National Influenza Laboratories (National Public Health Laboratories) and the results are expected at 2330 hours 20th July 2019.
3. Next steps include updating of a line list of all contacts of the index case.
4. Contact tracing of all cases.
5. Need to stock up on Oseltamivir in country. Stock level are critically low.

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Submitter

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