



PREVENT. PROMOTE. PROTECT.

Influenza Update

Health and Human Services Committee
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Philip Huang, MD, MPH
Health Authority/Medical Director



Influenza

- Respiratory illness caused by a virus
- Usually occurs in fall and winter
- Easily spread
- Most people have some immunity
- Annual vaccine helps prevent it
- Can be a severe illness for some
- Every year, 5–20% of the US population gets the flu; more than 200,000 are hospitalized, and between 12,000 and 56,000 deaths



Signs and Symptoms

- Sudden onset of symptoms; persist for 7 or more days
- Symptoms may include: fever, headache, cough, sore throat, myalgia, nasal congestion, weakness and loss of appetite
- Incubation period: 1–4 days
- Infectious period: 5 days, starting 1 day before symptoms (longer in children)
- On average, results in 5–6 days restricted activity, 3 days absenteeism

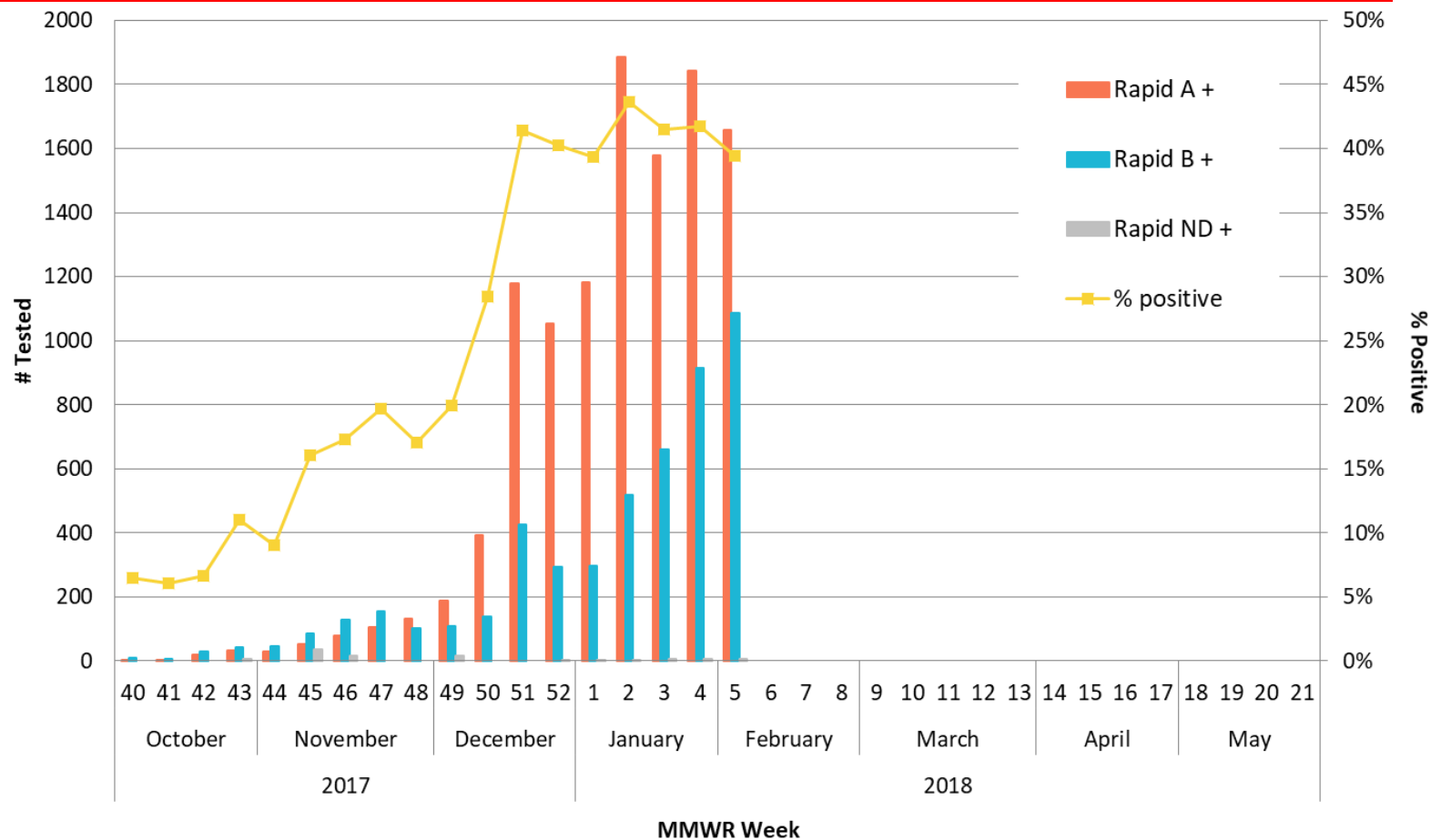


Influenza Surveillance

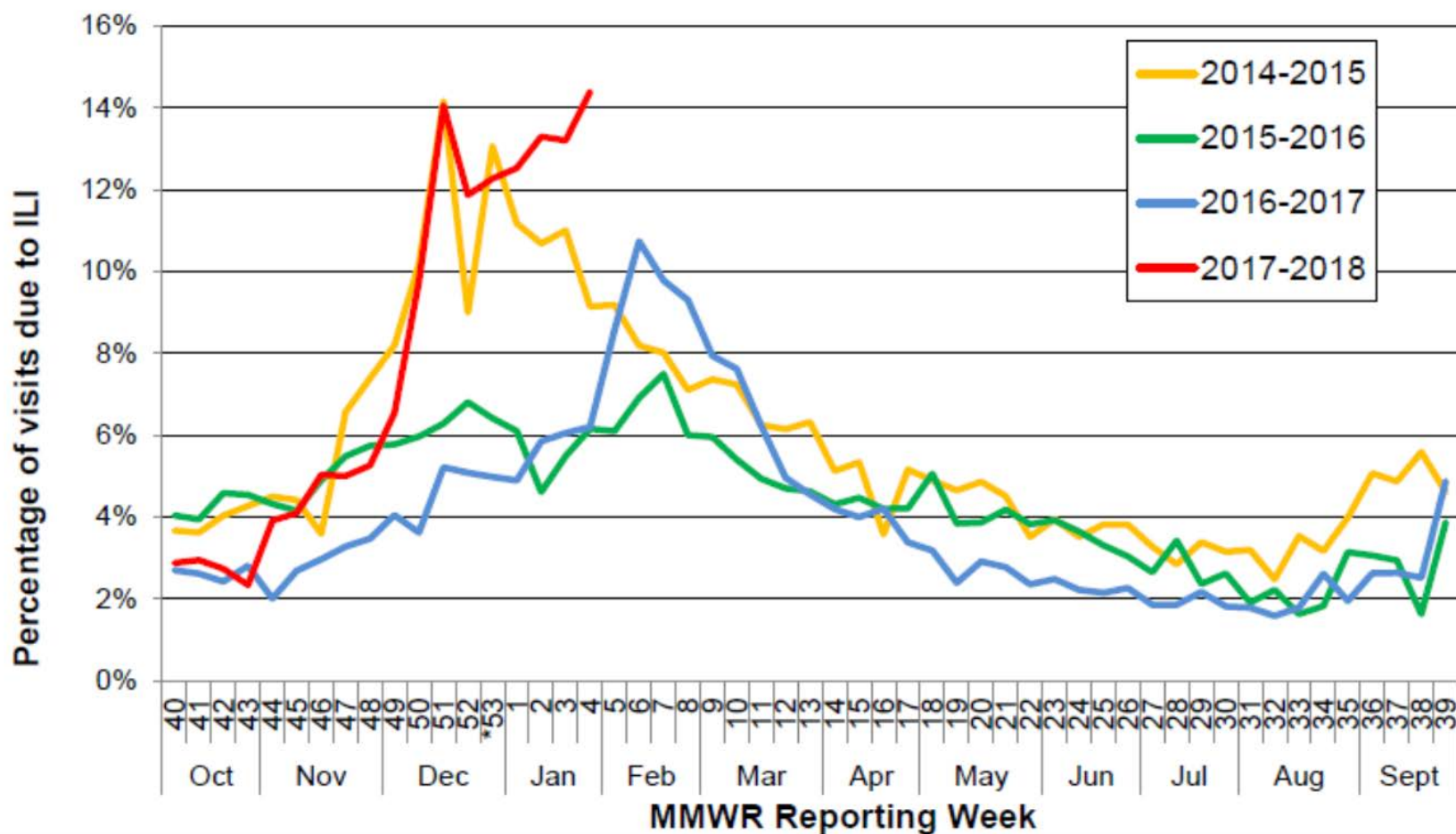
- Laboratory Surveillance
- Morbidity Surveillance
 - School absenteeism
 - Clinic visits
 - Emergency department visits
- Mortality Surveillance



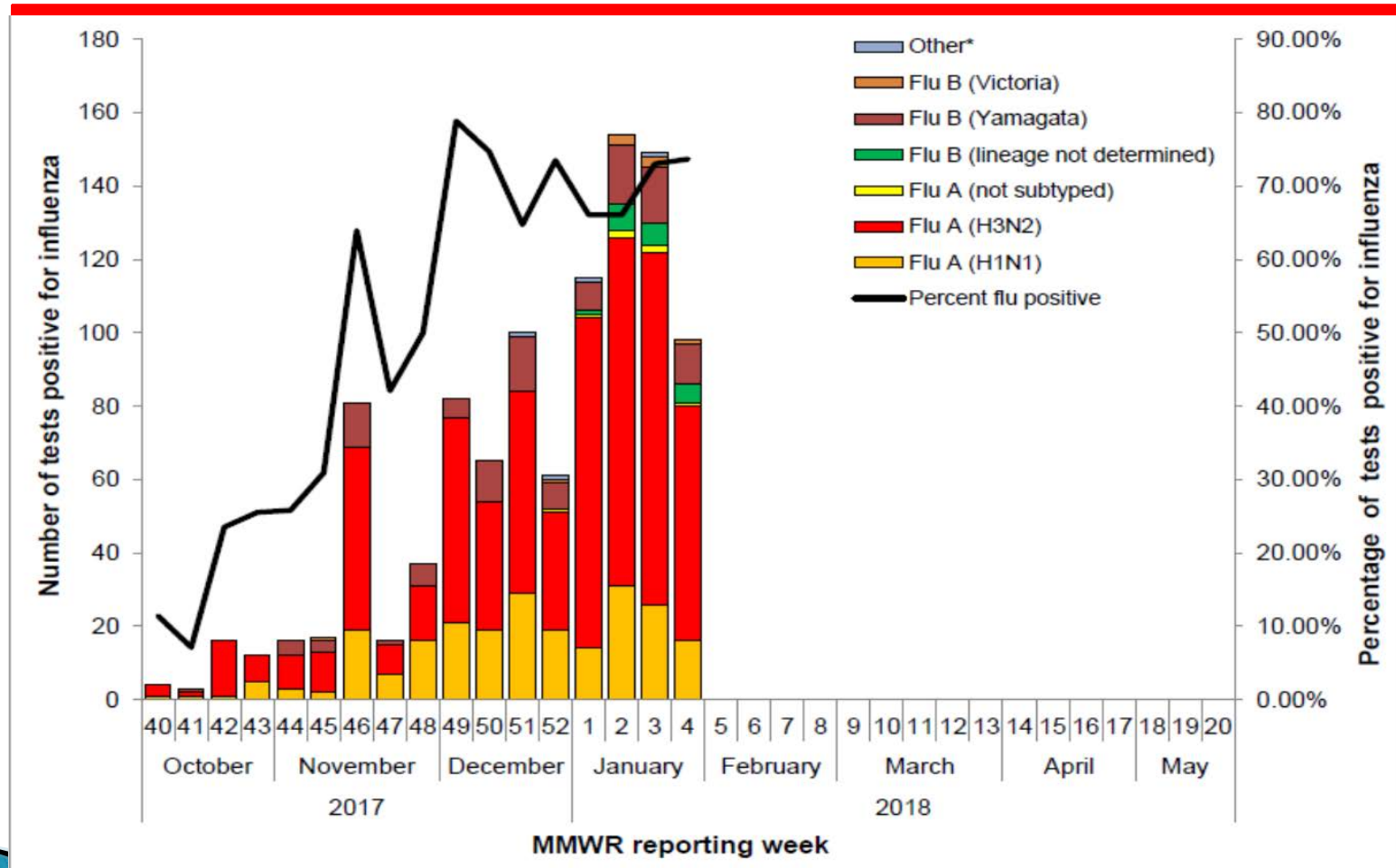
Number Tested and Percent Positive Rapid Influenza tests in Travis County by week, 2017–2018 Influenza Season*



Percentage of Visits Due to Influenza-like Illness Reported by Texas ILINet Participants, 2014-2018 Seasons*



Number and Percentage of Tests Positive for Influenza by Type and Subtype Reported by Texas Hospital Labs 2017-2018 Seasons



Summary – Flu Season 2017–2018 (as of February 5, 2018)

- ▶ Influenza activity is widespread and remains high in Travis County.
- ▶ There have been 24 outbreaks reported among long term care facilities.
- ▶ **Thirty two influenza-associated deaths** have been reported among Travis County residents, no influenza-associated pediatric deaths have been reported.
- ▶ In Texas, A(H3N2) virus is the predominate strain circulating; A(H1N1), and B are co-circulating.
- ▶ Influenza activity is widespread in most of the United States and is likely to continue for several more weeks.

How to prevent flu?

- ▶ The single best way to prevent seasonal flu is to get vaccinated each year, it's not too late!
- ▶ Avoid close contact with sick people
- ▶ Stay home when you are sick (24–48 hours fever free)
- ▶ Cover your mouth and nose
- ▶ Clean your hands
- ▶ Avoid touching your eyes, nose or mouth