



To: CAHAN San Diego Participants
 Date: October 13, 2022
 From: Public Health Services

Health Alert: Increasing Influenza and Respiratory Syncytial Virus (RSV) Disease in San Diego County

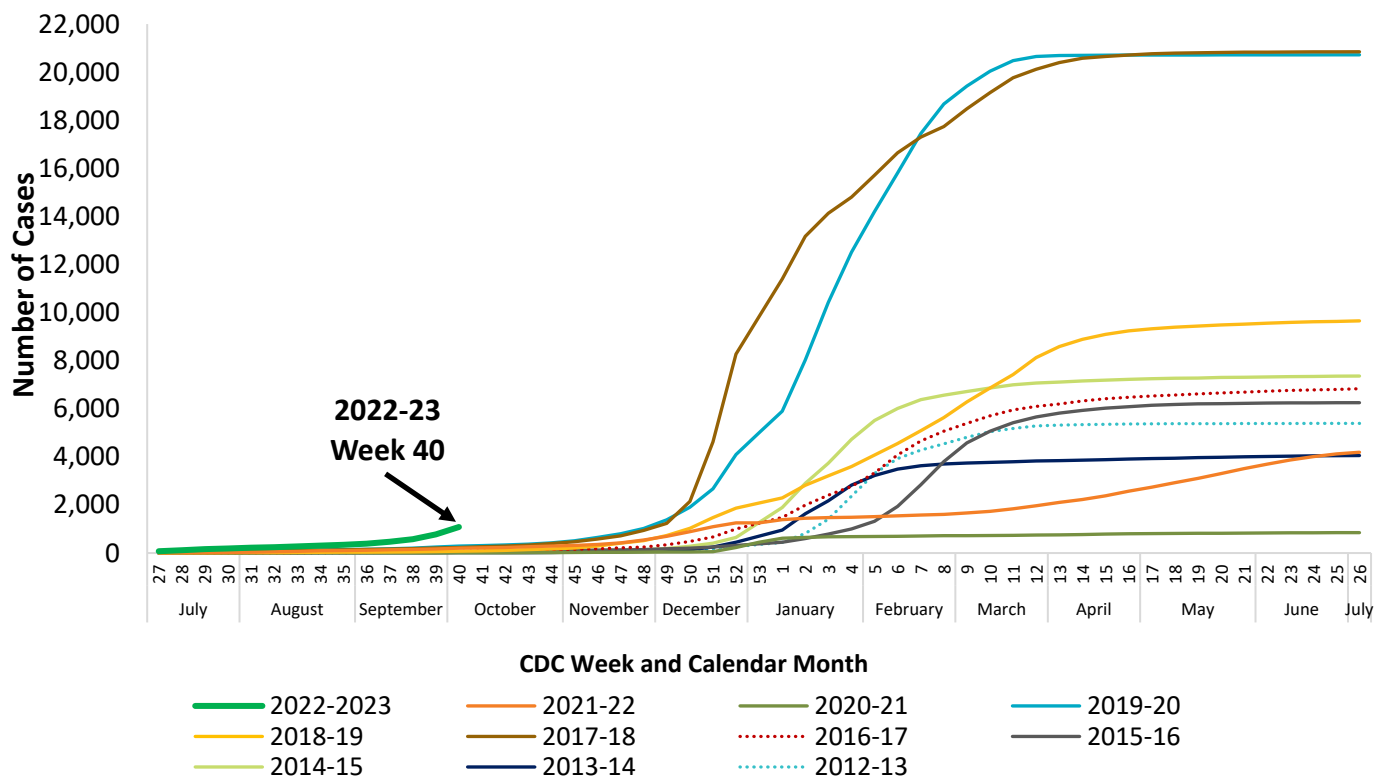
Key Messages

- Based on laboratory-confirmed reports, influenza A virus and respiratory syncytial virus (RSV) have been increasing in San Diego County in recent weeks.
- In previous years, early activity was associated with seasons of substantially higher cases counts.
- In preparation, providers should strongly encourage seasonal influenza vaccination co-administered with bivalent COVID-19 boosters to those eligible.
- The American Academy of Pediatrics (AAP) supports the use of palivizumab (Synagis®) in eligible infants in regions experiencing high rates of RSV activity like San Diego County (SDC).

Situation

Influenza and RSV case counts have been increasing in SDC for the last several weeks. Compared to pre-pandemic years, this is an early start to the season for both these respiratory viruses. In previous years an early start

Cumulative Influenza Cases by CDC Episode Week* and Fiscal Year



*If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

to the season was a harbinger of a season with substantially higher case counts (2017-18 and 2019-20). At the present time, available testing on [students absent from at least one school](#) in San Diego Unified School District, Patrick Henry High School, has identified influenza A.

Actions Requested

1. Strongly recommend influenza vaccination to patients 6 months of age and older, which can be given at the same time as bivalent COVID-19 booster vaccination for those eligible.
2. Be aware that the Advisory Committee on Immunization Practices recently updated influenza vaccine recommendations including [new preferential recommendation](#) for those > 65 years to receive either quadrivalent high-dose inactivated influenza vaccine (HD-IIV4), quadrivalent recombinant influenza vaccine (RIV4), or quadrivalent adjuvanted inactivated influenza vaccine (aIIV4) whenever available.
3. Providers should consider the use of antiviral medications for the treatment and chemoprophylaxis of influenza especially in those at [high risk for severe disease](#) as detailed in the Centers for Disease Control and Preventions' (CDC) [Influenza Antiviral Medications: Summary for Clinicians](#).
4. Assure that [infants at risk for severe RSV Infection](#) are given palivizumab, in accordance with [AAP recommendations](#) and the recent California Department of Public Health (CDPH) CAHAN advisory [Early Respiratory Syncytial Virus Activity and Use of Palivizumab](#).
5. Providers should continue to test for SARS-CoV-2; ideally, laboratory testing should be multiplex for both SARS-CoV-2 and influenza. Recommendations on treatment of COVID-19 can be found on CDC's [COVID-19 Treatments and Medications](#) page.

Resources

- [RSV \(Respiratory Syncytial Virus\) | CDC](#)
- [Testing and Management Considerations for Nursing Home Residents with Acute Respiratory Illness Symptoms when SARS-CoV-2 and Influenza Viruses are Co-circulating | CDC](#)
- [Interim Guidance for Influenza Outbreak Management in Long-Term Care and Post-Acute Care Facilities | CDC](#)
- [Recommendations for the Prevention and Control of Influenza in CA Skilled Nursing Facilities during the COVID-19 Pandemic | CDPH](#)
- [Influenza: Information for Healthcare Providers | CDPH](#)
- [Influenza | CoSD](#)

Thank you for your participation.

CAHAN San Diego

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