



INFLUENZA WATCH

The purpose of the weekly *Influenza Watch* is to summarize current influenza surveillance in San Diego County. **Please note that reported weekly data are preliminary and may change due to delayed submissions and additional laboratory results.**

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Current Week

Current Week 2 (ending 1/12/2019)

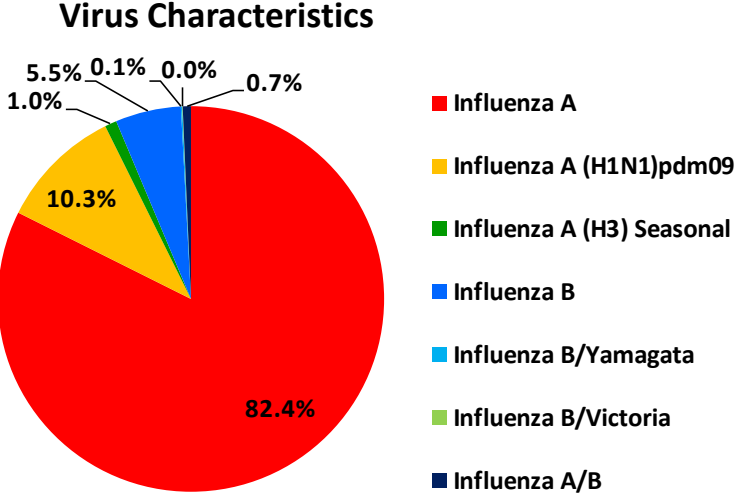
- 493 new influenza detections reported: *Elevated level*
- 5% influenza-like-illness (ILI) among emergency department visits: *Expected level*
- 5 new influenza-related deaths reported this week
- 7% of deaths registered with pneumonia and/or influenza: *Expected level*

Current Season Summary

2,623
Total Cases

16
Deaths[†]

1
Outbreak*



† Flu deaths less than 18 years of age are reportable to CDPH.
* At least one case of laboratory-confirmed influenza in a setting experiencing two or more cases of influenza like illness (ILI) within a 72-hour period.

Table 1. Influenza Surveillance Indicators.

Indicator	2018-19 Season			2017-18 Season		Prior 3-Year Average**	
	Week 2	Week 1	Total To Date	Week 2	Total To Date	Week 2	Total To Date
All influenza detections reported (rapid or PCR)	493	404	2,623	2,149	12,484	916	4,949
Percent of emergency department visits for ILI	5%	5%		11%		6%	
Percent of deaths registered with pneumonia and/or influenza	7%	5%		17%		11%	
Number of influenza-related deaths reported [^]	5	2	16	51	142	19	53

Influenza season is July 1 - June 30, Weeks 27-26. Total deaths reported in prior seasons: 342 in 2017-18, 87 in 2016-17, and 68 in 2015-16.
* Previous weeks case counts or percentages may change due to delayed processing or reporting.
** Includes FYs 2015-16, 2016-17, and 2017-18.
[^] Current FY deaths are shown by week of report; by week of death for prior FYs.

People at High Risk for Influenza Complications

Although **everyone six months and older should get an annual influenza vaccine**, some people are more likely to get [influenza complications](#) that can result in hospitalization and sometimes death. Influenza can also make chronic health problems worse. The groups of people who are more likely to get serious flu-related complications if they get sick with influenza are listed below.

- [Children younger than 5, but especially children younger than 2 years old](#)
- [Adults 65 years of age and older](#)
- [Pregnant women](#) (and women up to two weeks postpartum)
- Residents of nursing homes and other [long-term care facilities](#)
- [American Indians and Alaskan Natives](#) seem to be at higher risk of flu complications
- [Asthma](#)
- Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- [Heart disease](#) (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as [diabetes](#))
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with [HIV or AIDS](#), or [cancer](#), or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People with extreme obesity (body mass index [BMI] of 40 or more)

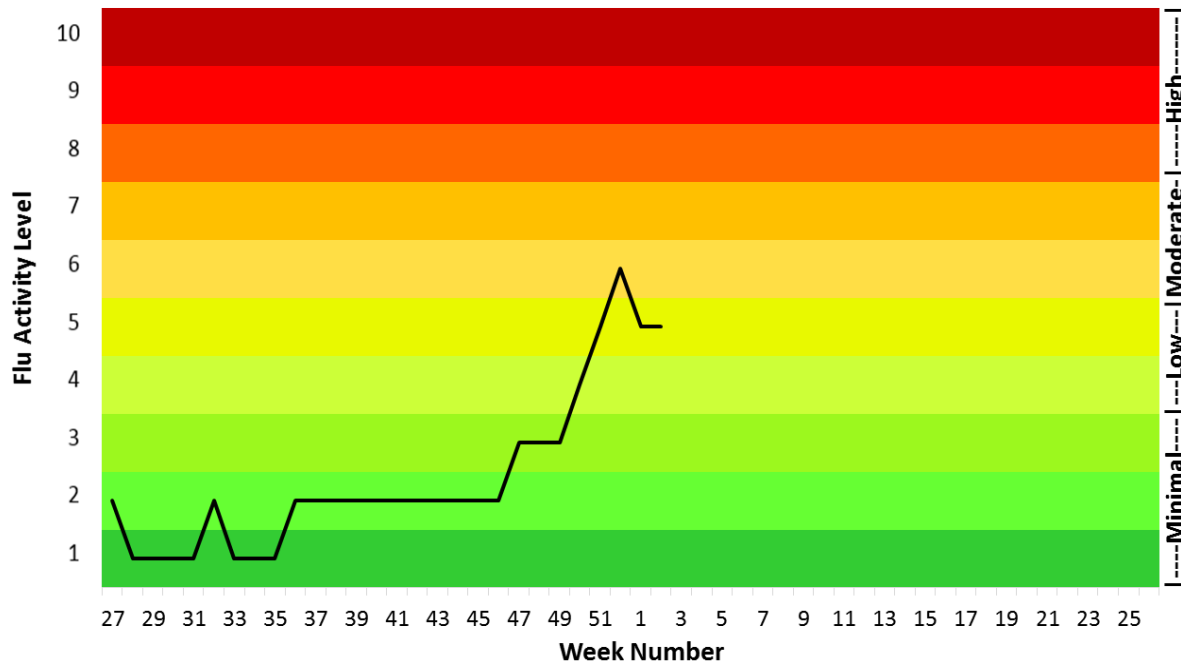
Each year the majority of influenza deaths occur among people who had no evidence of having received an annual influenza vaccine. Providers should make extra efforts to ensure that everyone at risk for influenza complications gets vaccinated with the annual influenza vaccine. More information is available at the [CDC Influenza website](#).

Table 2. Influenza Detections Reported, FY 2018-19*

Positive Test Type/Subtype	Count	Percent
Influenza A	2,161	82.4%
Influenza A (H1N1)pdm09	270	10.3%
Influenza A (H3) Seasonal	26	1.0%
Influenza B	144	5.5%
Influenza B/Yamagata	3	0.1%
Influenza B/Victoria	1	0.0%
Influenza A/B	18	0.7%
Total	2,623	100%

* Season is July 1 - June 30

Figure 1. Influenza Activity Level for Emergency Department ILI.



Legend	Minimal			Low		Moderate		High		
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	< mean	≥ mean and <1 standard deviation above mean	≥1 and <2 standard deviations above mean	≥2 and <3 standard deviations above mean	≥3 and <4 standard deviations above mean	≥4 and <5 standard deviations above mean	≥5 and <6 standard deviations above mean	≥6 and <7 standard deviations above mean	≥7 and <8 standard deviations above mean	≥8 standard deviations above mean

Influenza Activity Indicator:

The activity levels show how the current week’s ED ILI% (emergency department influenza-like-illness, percent of all visits) compares to the mean, and number of standard deviations above of the mean, of the non-influenza season weeks (CDC disease weeks 27-39) observed from the prior five seasons.

There are 10 activity levels, classified as: Minimal (levels 1-3), Low (levels 4-5), Moderate (levels 6-7), and High (levels 8-10). An activity level of 1 corresponds to when the ED ILI% is below the mean; level 2 corresponds to when the ED ILI% is less than 1 standard deviation above the mean; level 3 corresponds to when the ED ILI% is more than 1 but less than 2 standard deviations above the mean, and so on, with an activity level of 10 corresponding to when the ED ILI% is at 8 or more standard deviations above the mean.

Figure 2. Percent of Emergency Department Visits for ILI Chief Complaint by Week and Season.

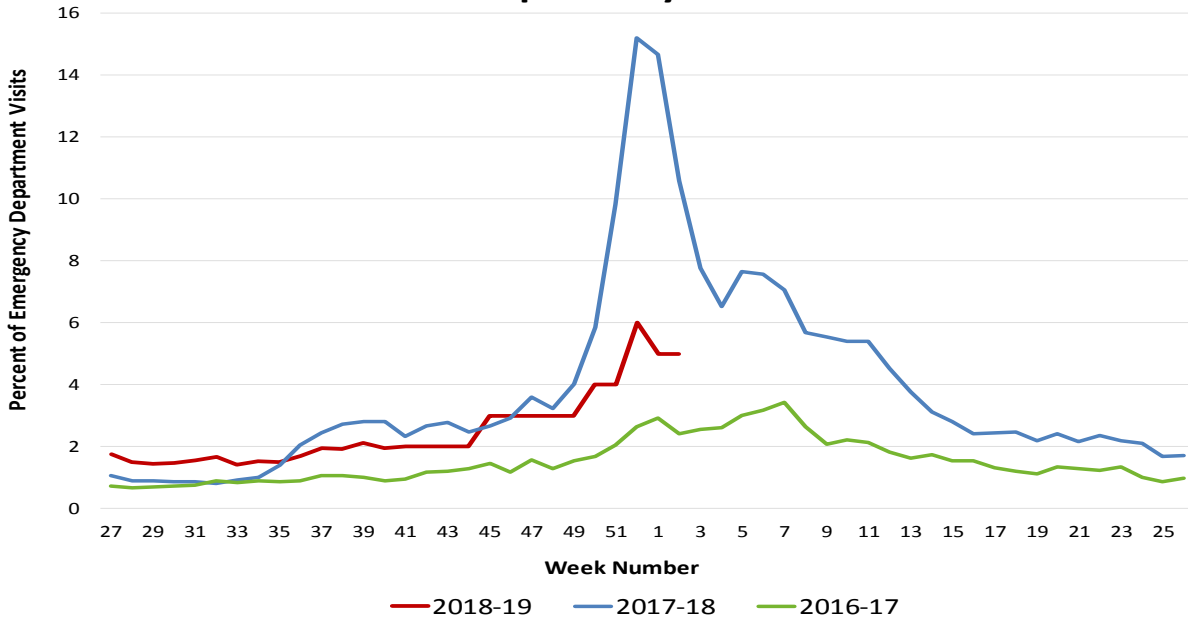


Figure 3. San Diego County Influenza Detections by Type and Week of Report, 2018-19 FYTD (N=2,623).

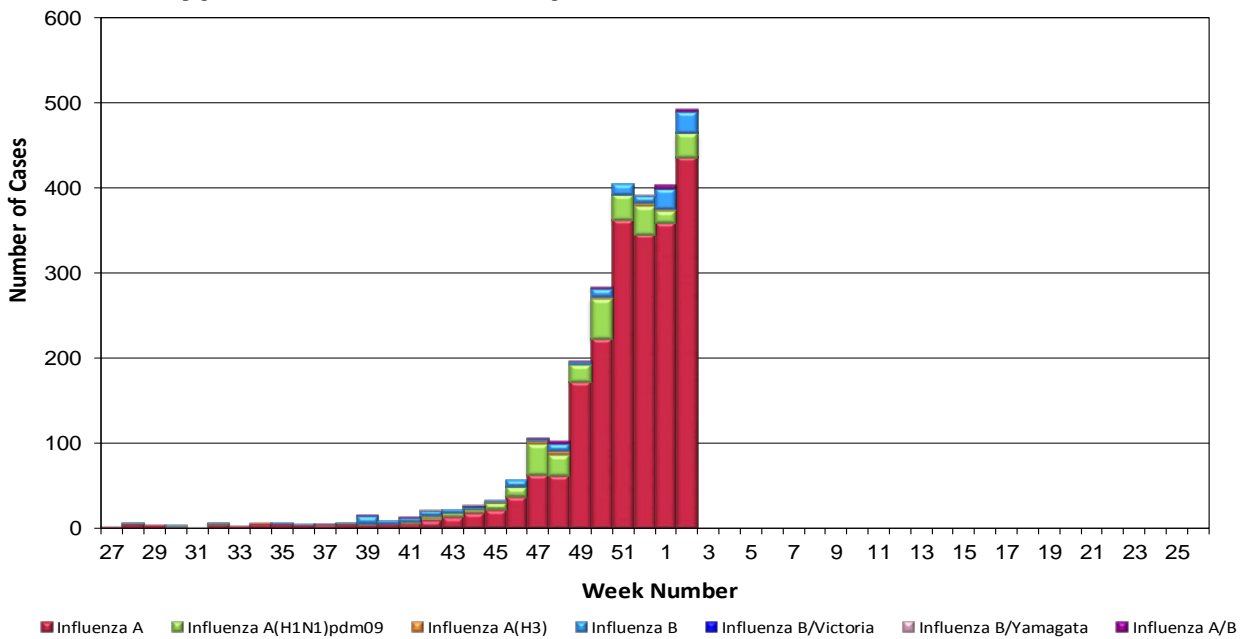


Figure 4. Proportion of Influenza Detections by Age and Season, 2014-15 to 2018-19.

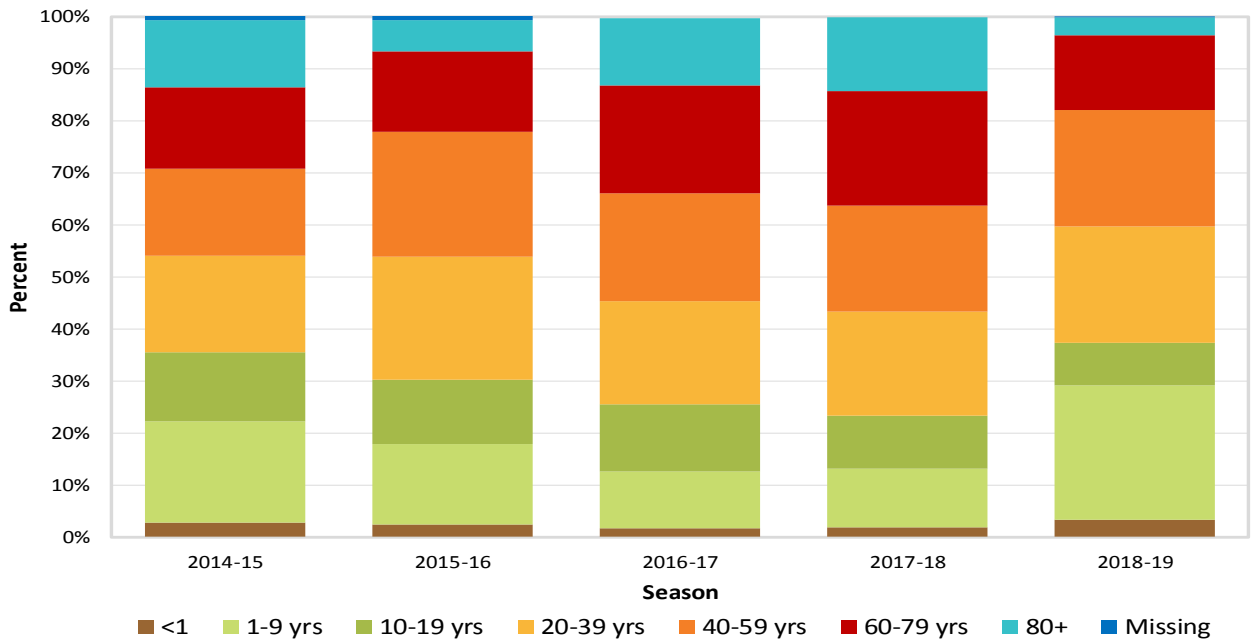
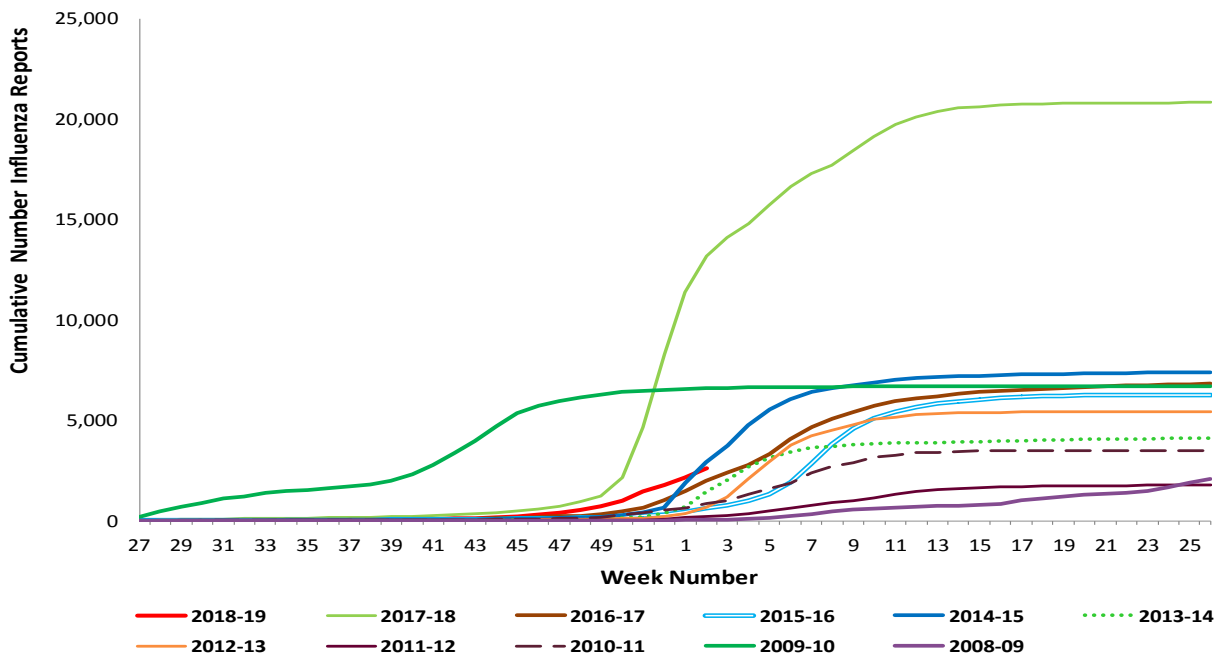


Figure 5. Cumulative Influenza Case Reports by Episode Week & Season.



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Figure 6. Percent of San Diego County Emergency Department Visits for Influenza-like Illness by Week and Season Compared to 5-Year Baseline & Upper 95% Threshold Values (Serfling Method).

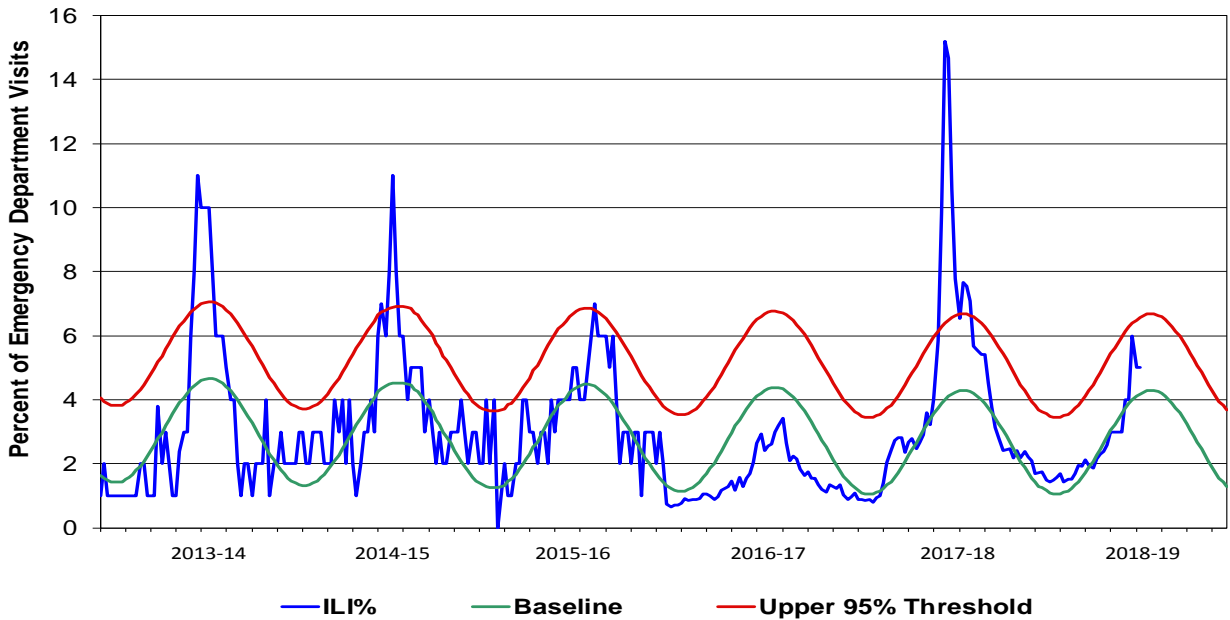


Figure 7. Percent of San Diego County Deaths Registered with Pneumonia and/or Influenza by Week and Season Compared to Prior 5-Year Baseline & Upper 95% Threshold Values (Serfling Method).

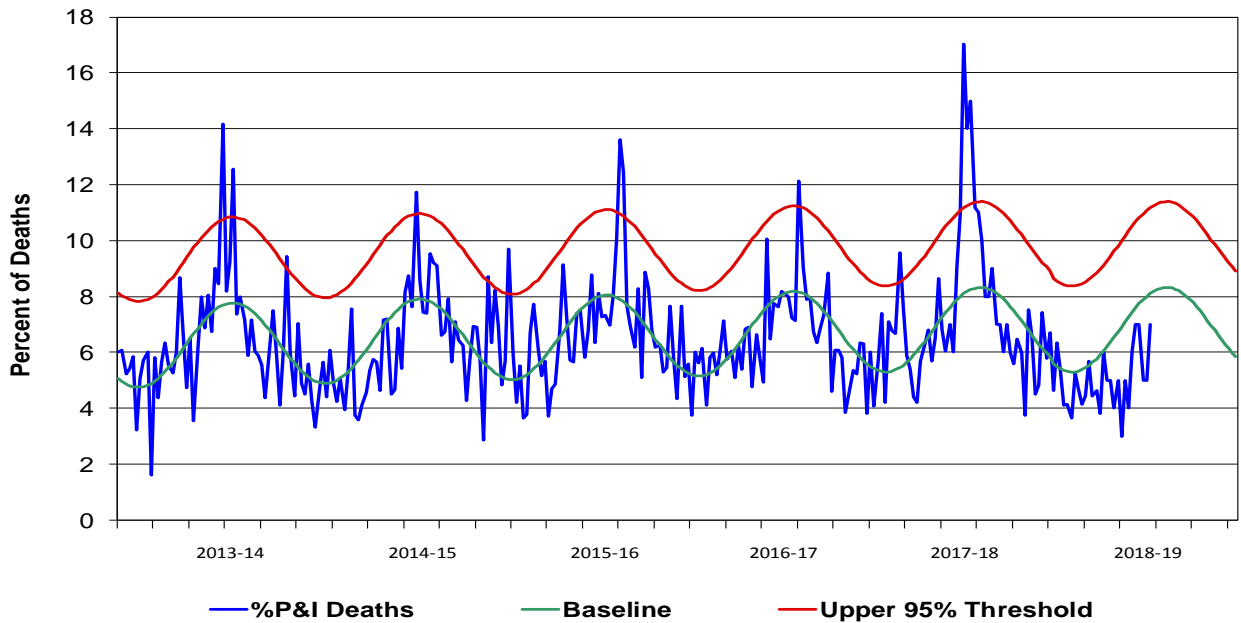


Figure 8. Influenza Deaths by Type and Season.

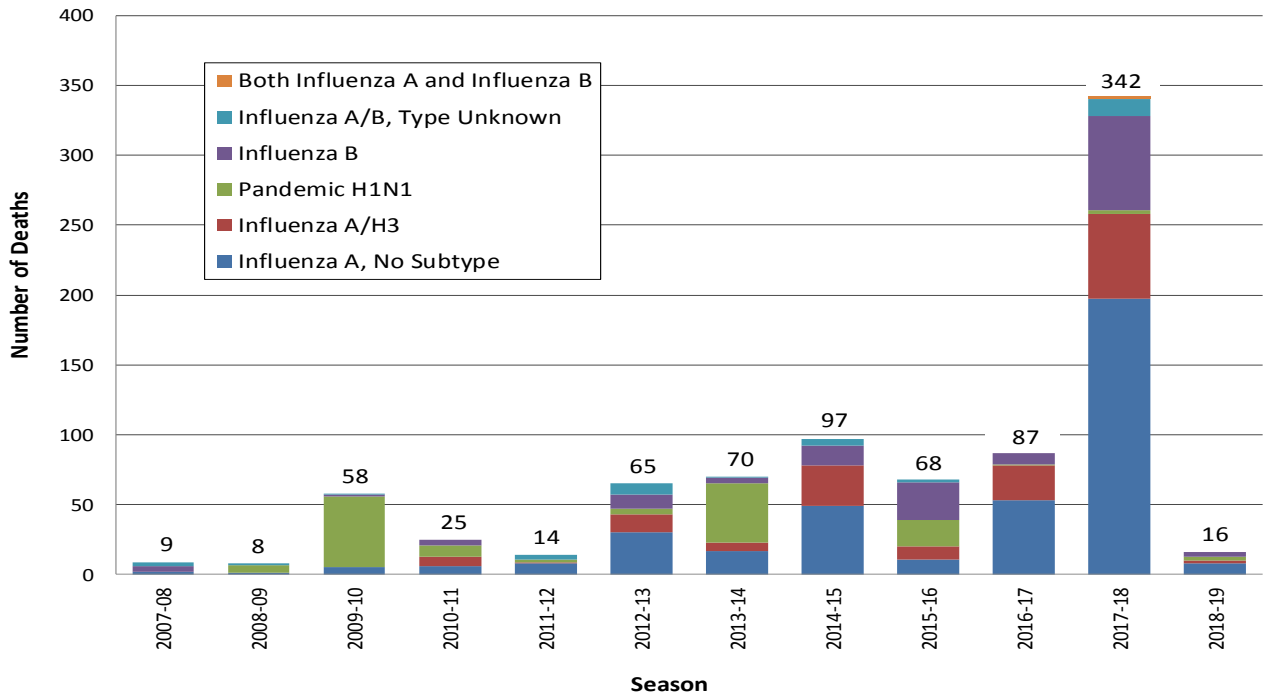


Figure 9. Influenza Deaths by Age and Season.

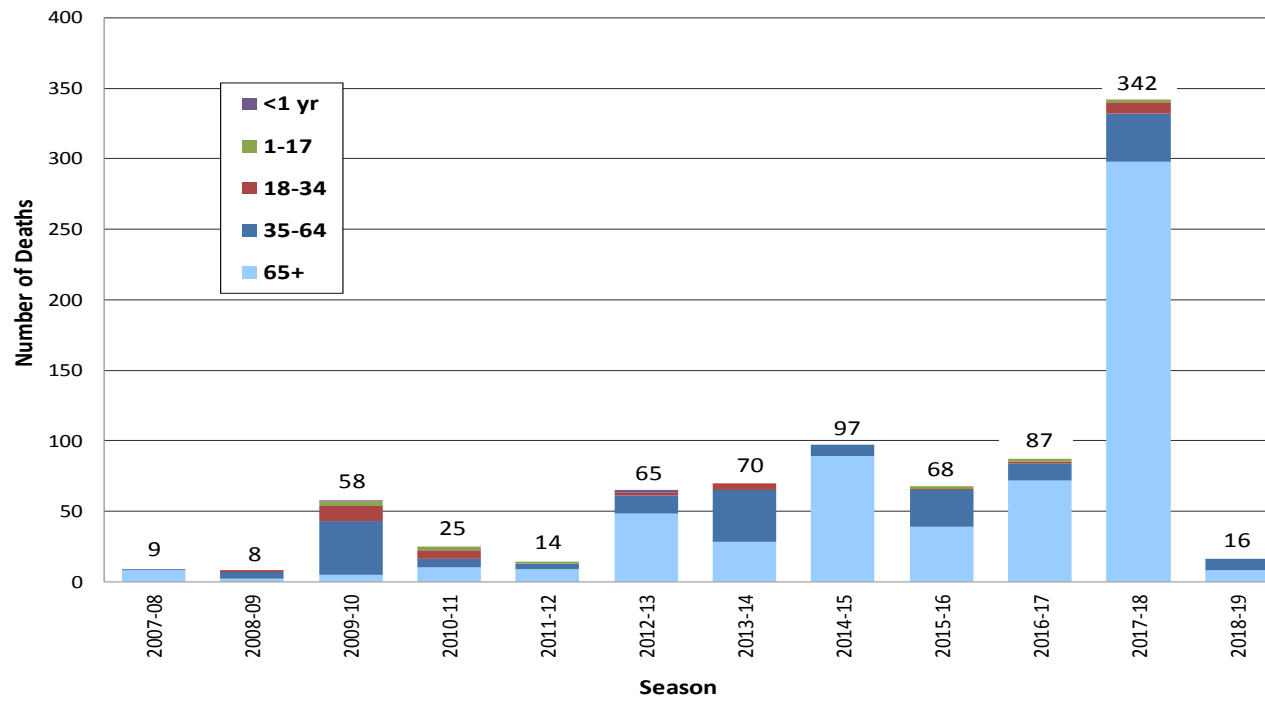


Figure 10. Number of Influenza Vaccinations Administered* by Week and Season.

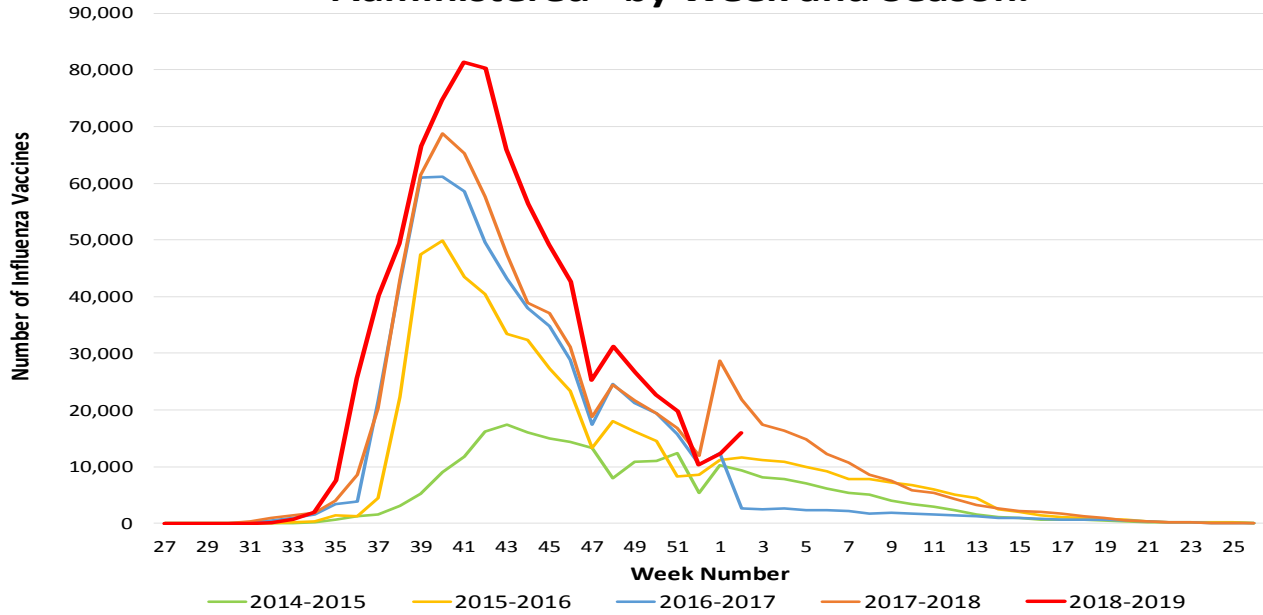
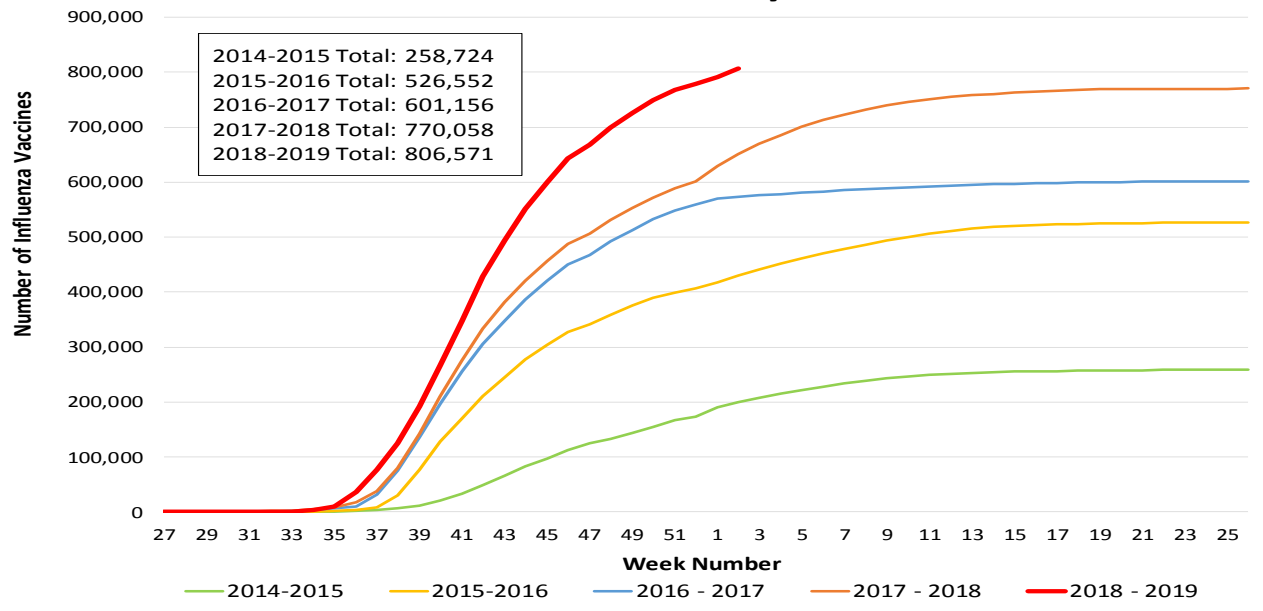
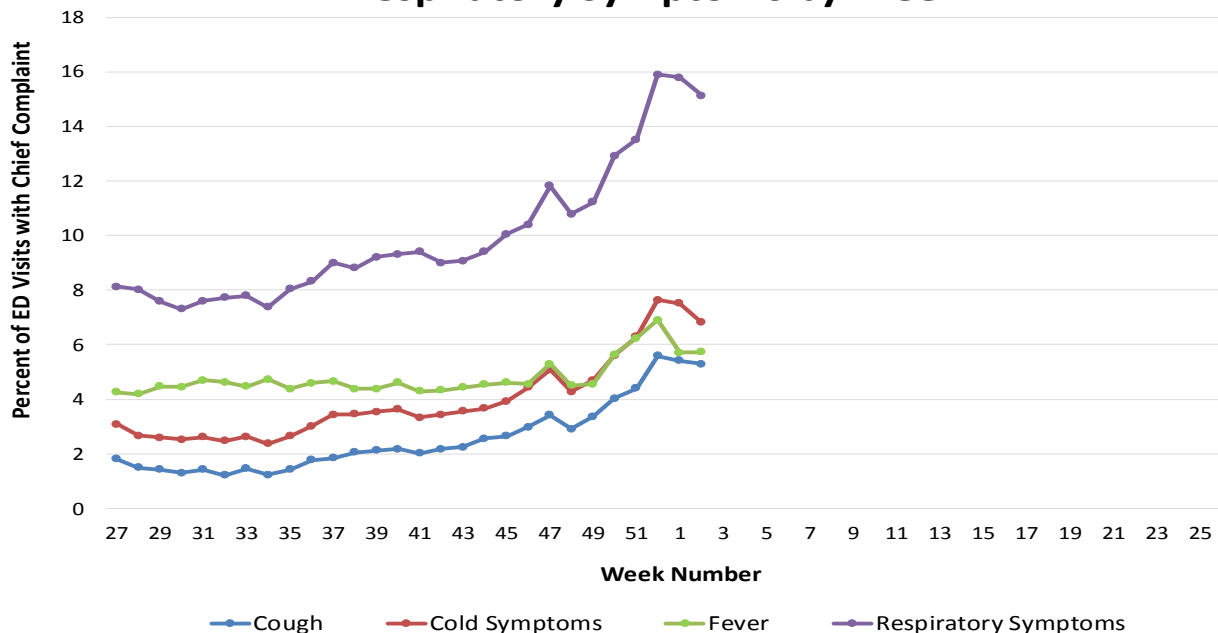


Figure 11. Cumulative Number of Influenza Vaccinations Administered* by Week and Season.



* Influenza vaccinations administered and entered into the San Diego Immunization Registry ([SDIR](#))

Figure 12. Percent of Emergency Department Visit Chief Complaints for Cough, Cold, Fever, or Respiratory Symptoms by Week.



Influenza Reporting in San Diego County

Local providers are encouraged to report laboratory-positive influenza detections to the County Epidemiology Program by **FAX (858) 715-6458**. Please fax a [Confidential Morbidity Report Form](#), or an [Influenza Case Report Form](#), and/or a printed laboratory result. If known, please indicate if the patient was admitted to ICU and/or died, and/or is a resident of a congregate living facility.

Regarding sending influenza specimens to [Public Health Laboratory](#) (PHL) for confirmation, please use the updated PHL [Test Request Form](#) and contact PHL at **(619) 692-8500** with any questions. Contact the Epidemiology Program by telephone **(619) 692-8499** or email to EpiDiv.HHSA@sdcounty.ca.gov with questions regarding influenza data.

Resources

- County of San Diego Epidemiology Program website www.sdepi.org
- County of San Diego [2017-18 Influenza Season Summary](#)
- Current Week Influenza Watch [Slide Deck](#) – A slide presentation version of this report
- County of San Diego Immunization Program (SDIZ) www.sdiz.org

- California Department of Public Health (CDPH) [Influenza Update](#)
- Centers for Disease Control and Prevention (CDC) [Influenza Surveillance](#)