

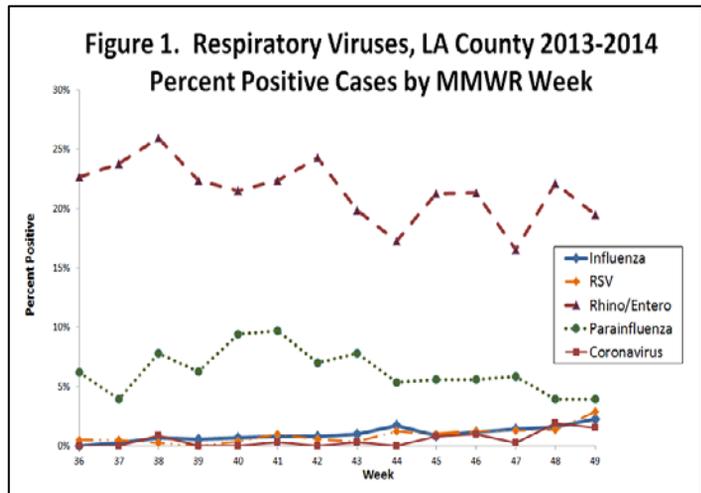
## Slow But Steady Rise in Influenza

Influenza activity in Los Angeles County (LAC) marginally increased this week but remains below baseline levels. Influenza laboratory reports increased to 2.3% positive and emergency department visits for influenza like illness was 17.4%, down from last week's 18.1%. LAC's second influenza associated fatality was recently reported as shown in Table 1. Type A, specifically the 2009 H1N1 pandemic strain, continues to dominate both locally and nationally. This subtype is included in the current vaccine which should be further encouragement for those who haven't already been vaccinated to get their flu vaccine as the peak of influenza season has yet to arrive.

**Table 1. LA County Surveillance Summary 2013-2014**

LA County Surveillance Summary	Week 49 12/1/13- 12/7/13	2013-14 YTD (9/1/13- Present)
Positive Flu Tests/Total Tests (Percent Positive Flu Tests)	17/743 (2.3%)	89/8192 (1.1%)
Percent Flu A/B	100/0	93/7
Community Respiratory Outbreaks	0	2
Flu Deaths, Confirmed†	0	2

†Confirmed influenza death is defined by a positive lab test, compatible symptoms, and clear progression from illness to death



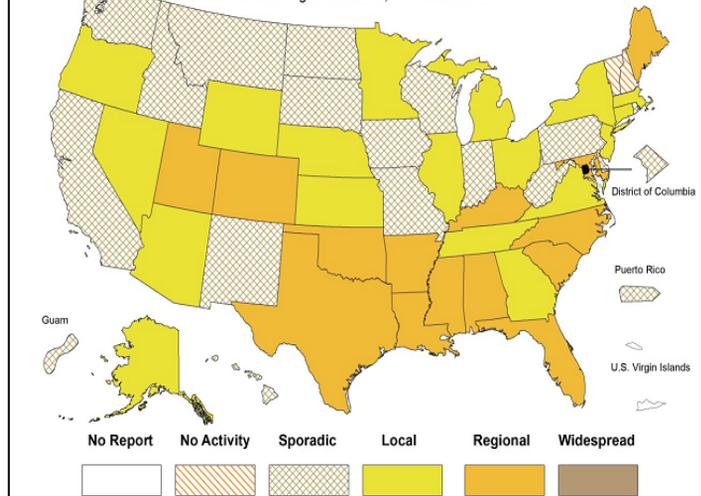
## Will the Flu Vaccine Make Me Sick?

Many people incorrectly believe that getting the flu vaccine will make them ill. The truth is the vaccine is safe and will not give you the flu. A very small percentage of people may experience mild flu like symptoms such as aches or a low fever however this should not be confused with having influenza which causes more severe symptoms (1). Those who believe the vaccine made them sick may have been exposed prior to getting vaccinated and developed illness before the vaccine had a chance to take effect (up to 2 weeks) or more likely became ill with another circulating respiratory virus. Figure 1 shows rhinovirus is heavily circulating along with parainfluenza at a lower intensity. A death was reported to LAC this week with a positive lab test for parainfluenza. While uncommon, this highlights that other respiratory viruses contribute to respiratory disease in LAC.

1. [www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm)

**Weekly Influenza Activity Estimates Reported by State & Territorial Epidemiologists\***

Week ending December 7, 2013 - Week 49



## Influenza Nationwide

CDC reports influenza activity is increasing nationwide. Higher levels of activity (local and regional) are occurring across the country primarily in the southeast. California is experiencing lesser levels (sporadic activity) along with most of the northwest.