

INFLUENZA WATCH

Influenza and Related Disease Updates for Los Angeles County

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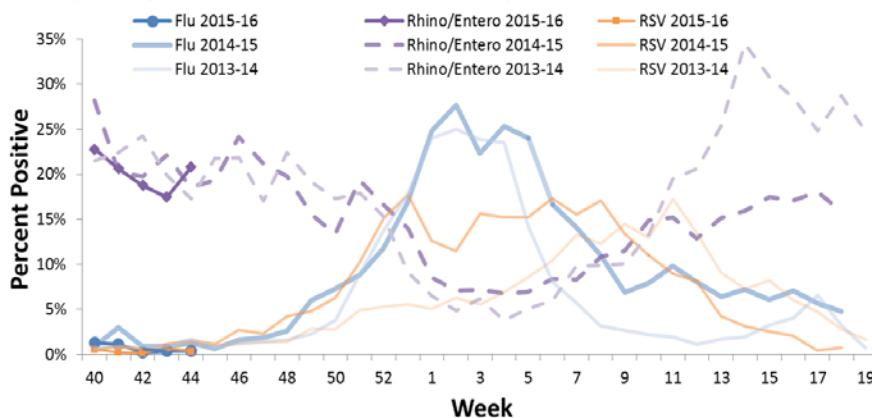
Influenza Activity Low

All influenza surveillance systems in Los Angeles County (LAC) reflect low activity so far this season. The percentage of respiratory specimens testing positive for influenza from sentinel laboratories for the last week of October was 0.5%, emergency department visits for ILI are low, and no local influenza-associated deaths have been confirmed to date. Low levels of activity are expected at this time of year and are consistent with previous seasons in LAC (Figure 1). Respiratory outbreaks have been reported this season, however none have been attributed to influenza specifically, which highlights the presence of other respiratory pathogens that co-circulate along with influenza that also cause respiratory illness.

Likewise, nationwide activity is similarly low with all regions reporting influenza-like-illness (ILI) activity below baseline levels (Figure 2). The Centers for Disease Control and Prevention (CDC) is reporting that influenza A (H3N2) has been the most frequently identified virus type this season, followed by A (H1N1) and B. Viruses characterized from May-September matched those included in the current vaccine.

This week the California Department of Public Health confirmed the first influenza-associated death in the state in a person under 65 years old. [CDPH Confirms First Flu Death of the Season](#)

Figure 1. Influenza, Rhino/Enteroviruses, and RSV Percent Positive of Respiratory Viral Tests from Sentinel Sites by MMWR Week, LAC, 2013-2016



Get your Flu Vaccine!

Everyone 6 months of age and older should receive an annual flu vaccination as the first and most important step in protecting against flu viruses. For more information see:

<http://www.ph.lacounty.gov/ip/flu/FluLocatorMain.htm>

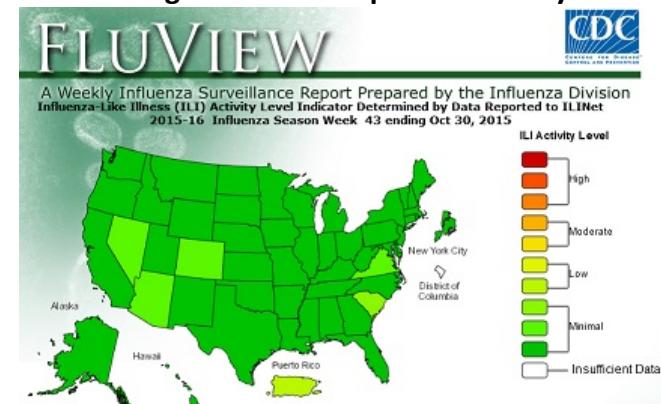


Antivirals may benefit high-risk patients

Researchers at the University of California San Francisco found that high-risk, hospitalized influenza patients may benefit from antiviral medications, such as oseltamivir, even if the medication is administered beyond the recommended 48 hours of symptom onset period. Those high-risk patients include pregnant women, children, the elderly, immunosuppressed people, and hospitalized patients.

[JAMA Network | JAMA Internal Medicine | Treating Influenza With Neuraminidase Inhibitors: What Is the Evidence?](#)

Figure 2. CDC Map of ILI Activity



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COUNTY OF LOS ANGELES
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