Seasonal Influenza Report 2015-16

San Mateo County Health System, Public Health Policy and Planning
Weeks 12 & 13 (March 20 to April 2, 2016)

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Current Influenza Activity

San Mateo County

- During week 13 (ending 4/2/16), San Mateo County reported lower influenza activity than previous weeks.
- Week 13 of the current season has a higher number of influenza A and B detections than week 13 of the previous season (Figures 1 and 2).
- Within the County, based on reports from reporting county and hospital laboratories*, a total of 4458 specimens have been tested for influenza since the beginning of influenza season, and 18 (0.4%) tested positive for influenza during week 13. A total of 792 specimens have been tested for RSV since the beginning of the influenza season with two (0.3%) testing positive during week 13 (Figures 1, 3, and 4).
- San Mateo County Public Health Laboratory (SMC PHL) has the ability to further subtype positive influenza A specimens. During week 13, no specimens in the SMC PHL tested positive for influenza A.
- Influenza-like illness (ILI) surveillance of chief complaint data from San Mateo Medical Center ED is lower than the same period last season (Figure 5).

California

- Influenza activity in California was reported as “widespread” during week 13.
- Of 2,884 specimens tested, 470 (16.3%) were positive for influenza. Of the positive specimens, 229 (48.7%) were influenza A, of which 37 (16.2%) were H1, 23 (10.0%) were H3, and 169 (73.8%) were not subtyped. The remaining 241 (51.3%) tested positive for influenza B.
- Outpatient visits for ILI in week 13 were 1.8% which was lower than 3.1% in week 12.
- There were eight influenza-associated deaths in those less than 65 years of age reported during week 13.
- Hospital visits for Pneumonia and Influenza (P&I) for week 13 were lower (5.1%) than week 12 (5.2%) and are within expected levels for this time of year.†

United States

- During week 13, influenza activity saw a slight decrease in the United States.
- Of the 20,921 specimens tested by clinical laboratories, 3,383 (16.2%) were positive for influenza, of which 2,215 (65.5%) were influenza A and 1,168 (34.5%) were influenza B.
- Of the 1,333 specimens tested by public health laboratories, 642 (48.2%) were positive for influenza. Of the positive specimens, 434 (67.6%) were influenza A, of which 345 (79.5%) were H1 and 76 (17.5%) were H3, with 13 (3.0%) having no subtyping performed. The 208 (32.4%) remaining specimens were influenza B, of which 69 (33.2%) were of Yamagata lineage, 37 (17.8%) were of Victoria lineage, and 102 (49.0%) had no lineage performed.
- Seven influenza-associated pediatric deaths were reported during week 13.
- During week 13, 7.4% of all deaths reported through the 122-Cities Mortality Reporting System were due to P&I. This percentage was above the epidemic threshold of 7.1% for week 13.
- Two states (NJ, NM) experienced high ILI activity; seven states (AL, AK, AR, GA, MO, NC, VA) experienced moderate activity; 13 states (AZ, CO, CT, HI, IL, KY, MA, MS, PA, SC, TX, WV, WY) experienced low ILI activity; data were insufficient to calculate an ILI activity level for one state (UT); the remaining 27 states experienced minimal ILI activity.

Figure 1

Number of Positive Influenza & RSV Tests by Week San Mateo County, 2013-16

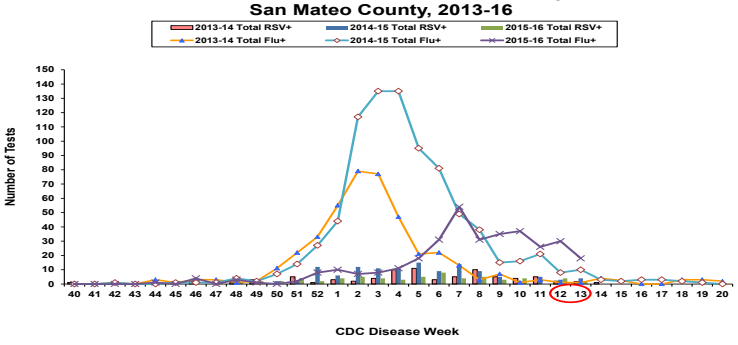


Figure 2

Number of Positive Influenza Tests by Type and Week, San Mateo County, 2014-16

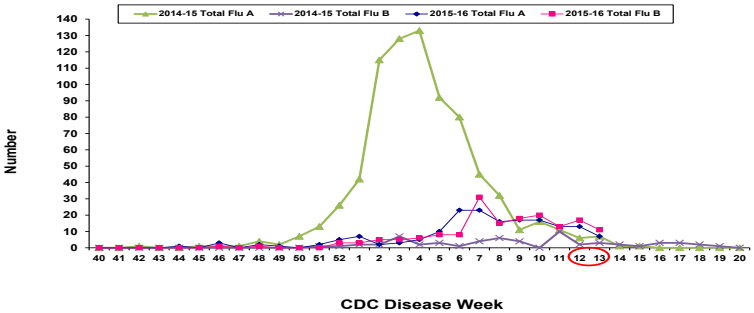


Figure 3

Percentage of Positive Respiratory Syncytial Virus (RSV) Specimens from Reporting Labs San Mateo County, 2014-16

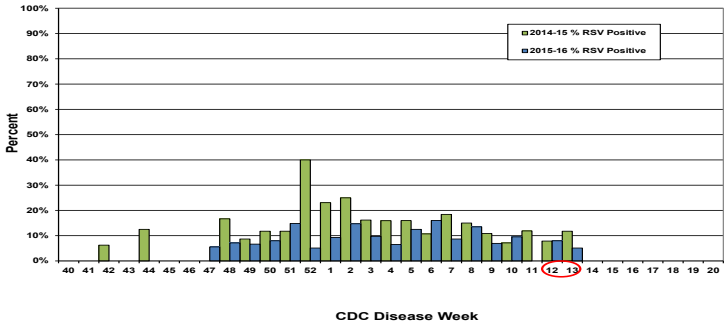


Figure 4

Percentage of Positive Influenza Specimens from Reporting Labs San Mateo County, 2014-16

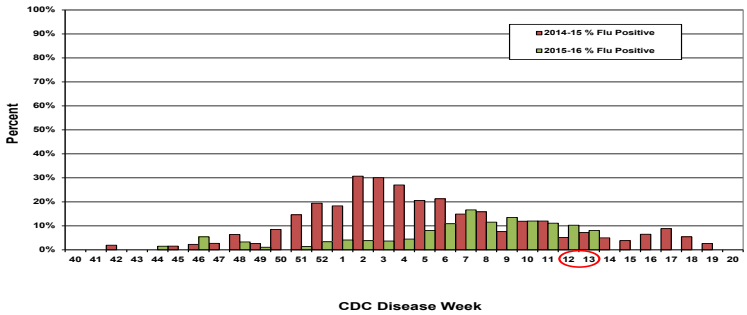
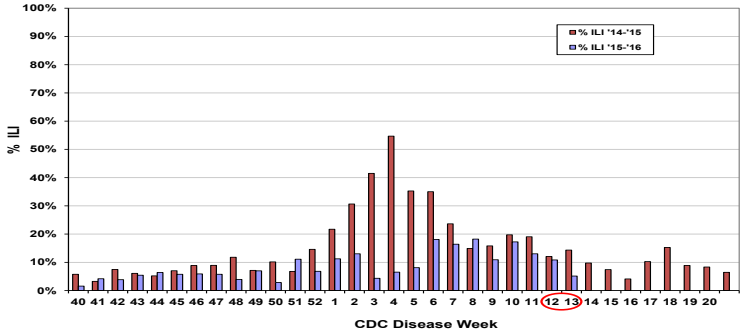


Figure 5

Proportion of Influenza-like Illness Visits (ILI): San Mateo County Medical Center ED, 2014-16 Influenza Seasons



TEST OR TREAT?

Flu activity in San Mateo County has decreased.

- Test outpatients with suspected flu and high risk of complications, who are being considered for antiviral treatment. Consider empiric treatment in high-risk outpatients and those with progressive disease. Consider testing children <2 years of age to rule out RSV vs. influenza.
- Test hospitalized patients with suspected flu. Consider empiric treatment, especially in high-risk patients and those with progressive disease.
- Antivirals used for treatment: Oseltamivir or Zanamivir.

*Our reported numbers do not represent all cases of influenza within SMC, but are intended to demonstrate trends in influenza activity. This issue does not represent data from Kaiser.
Sources: SMC: San Mateo Medical Center, Sequoia Hospital, Mills-Peninsula Hospital, San Mateo County Public Health Lab; CA: California Influenza Surveillance Project: http://www.cdph.ca.gov/PROGRAMS/DCDC/Pages/CaliforniaInfluenzaSurveillanceProject.aspx; US: CDC Flu Activity and Surveillance: http://www.cdc.gov/flu/weekly/fluactivitysurv.htm
†This data reflects Kaiser hospitalizations only.