



Seasonal Influenza Report 2015-16

San Mateo County Health System, Public Health Policy and Planning
Weeks 52 & 1 (Dec 27, 2015 to Jan 9, 2016)

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Current Influenza Activity

San Mateo County

- During week 1 (ending 1/9/16), San Mateo County reported increasing influenza activity.
- Week 1 of the current season has a lower number of influenza detections than week 1 of the previous season (Figures 1 and 2).
- Within the County, based on reports from reporting county and hospital laboratories*, a total of 1383 specimens have been tested for influenza since the beginning of influenza season, and nine (0.7%) tested positive for influenza during week 1. A total of 300 specimens have been tested for RSV since the beginning of the influenza season with four (1.3%) testing positive during week 1 (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 1, two (3.2%) specimen in the SMC PHL tested positive for influenza A H1.
- 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 "regional" during week 1.
- Of 3,518 specimens tested, 354 (10.1%) were positive for influenza. Of the positive specimens, 204 (57.6%) were influenza A, of which 18 (8.8%) were H1, 15 (7.4%) were H3, and 171 (83.8%) were not subtyped. The remaining 150 (42.4%) tested positive for influenza B.
- Outpatient visits for ILI in week 1 were 1.3% which was lower than 3.0% in week 52.
- There were no influenza-associated deaths in an adult less than 65 years of age reported during week 1.
- Hospital visits for Pneumonia and Influenza (P&I) for week 1 were higher (6.8%) than week 52 (6.3%) but are within expected levels for this time of year.†

United States

- During week 1, influenza activity saw an increase in the United States.
- Of the 14,269 specimens tested by clinical laboratories, 428 (3.0%) were positive for influenza, of which 292 (68.2%) were influenza A and 136 (31.8%) were influenza B.
- Of the 929 specimens tested by public health laboratories, 112 (12.1%) were positive for influenza. Of the positive specimens, 94 (83.9%) were influenza A, of which 58 (61.7%) were H1 and 15 (16.0%) were H3, with 21 (22.3%) having no subtyping performed. The 16.1% remaining specimens were influenza B, of which 8 (44.4%) were of Yamagata lineage, 4 (22.2%) were of Victoria lineage, and 6 (33.3%) had no lineage performed.
- One influenza-associated pediatric death was reported during week 1.
- During week 1, 6.4% of all deaths reported through the 122-Cities Mortality Reporting System were due to P&I. This percentage was below the epidemic threshold of 7.0% for week 1.
- One state (SC) experienced high ILI activity; seven states (AZ, CT, IL, MD, PA, TX, VA) experienced low ILI activity; the remaining 42 states experienced minimal ILI activity.

Figure 3 Percentage of Positive Respiratory Syncytial Virus (RSV) Specimens from Reporting Labs San Mateo County, 2014-16

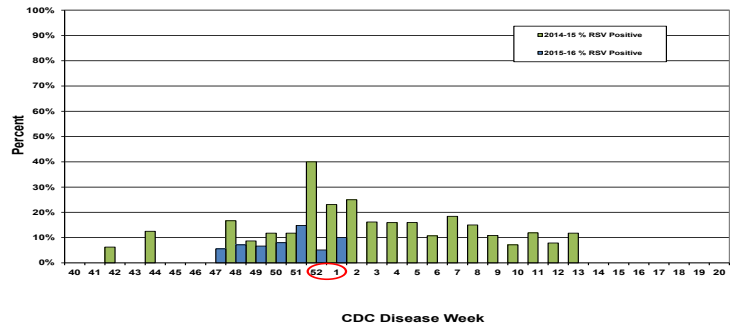


Figure 4 Percentage of Positive Influenza Specimens from Reporting Labs San Mateo County, 2014-16

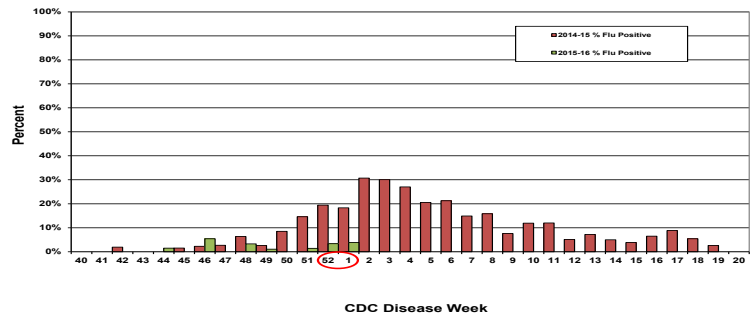


Figure 5 Proportion of Influenza-like Illness Visits (ILI): San Mateo County Medical Center ED, 2014-16 Influenza Seasons

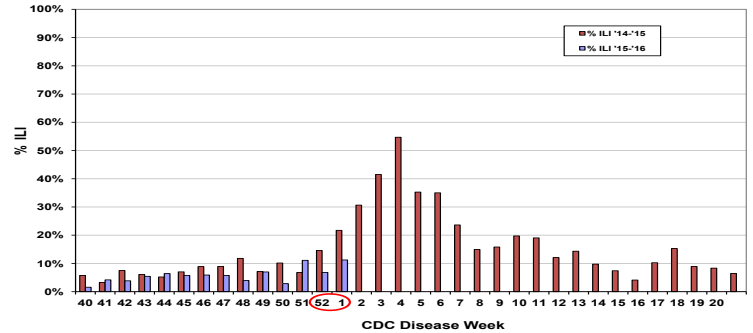


Figure 1 Number of Positive Influenza & RSV Tests by Week San Mateo County, 2013-16

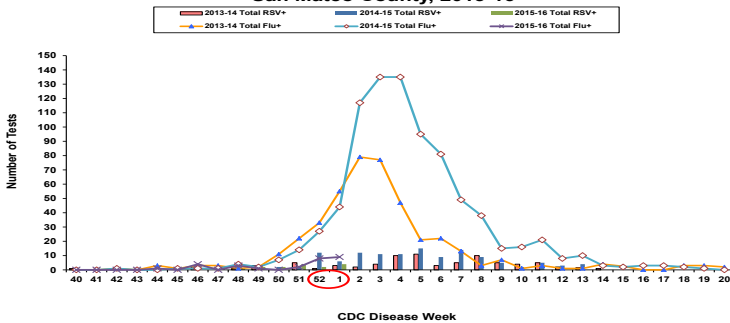
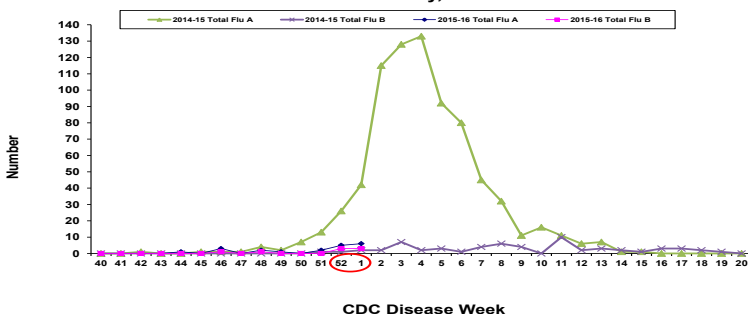


Figure 2 Number of Positive Influenza Tests by Type and Week, San Mateo County, 2014-16



TEST OR TREAT?

Flu activity in San Mateo County is increasing. Nine specimens during week 1 tested positive for influenza.

- Test outpatients with suspected flu and high risk of complications, who are being considered for antiviral treatment. Empiric treatment in outpatients with ILI is not indicated at this time. Consider testing children <2 years of age to rule out RSV vs. influenza.
- Test hospitalized patients with suspected flu. Consider empiric treatment in severely ill hospitalized (ICU) cases with suspected influenza.
- 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/vrdl/Pages/CaliforniaInfluenzaSurveillanceProject.aspx>; US: CDC Flu Activity and Surveillance: <http://www.cdc.gov/flu/weekly/fluactivity.htm>
†This data reflects Kaiser hospitalizations only.