



FirstWatch® Regional Influenza Update

According to the CDC, at the end of Week 3 (1/19/13), reports of influenza activity in the United States continued to be above epidemic levels although some areas of the US reported less flu. One less state is reporting "widespread" activity (47) and two are reporting "regional" activity. One state and Wash., D.C. reported only "local" activity. No state reported limited or no activity. There was less flu noted in the Southeast, Northeast, South, and Midwest but more in the Mid-Atlantic, Southwest and Northwest areas of the United States.

As usual with seasonal flu, those being hardest hit are the very young and very old, and many of the deaths, were in those at high risk for developing flu complications http://www.cdc.gov/flu/about/disease/high_risk.htm. There were 8 more pediatric deaths reported this week for a total of 37 for this influenza season. Compared to all deaths reported through the Mortality Reporting System, the percentage of adult deaths due to influenza & pneumonia for last week was 9.8%, 2.5 percentage points above the epidemic threshold. Older Americans were at greatest risk for flu complications, with just over half of the hospitalizations for those ≥ 65 years old.

The percentage of positive influenza specimens was a little lower; of the 11,984 specimens tested for influenza last week, a national average of 26.1% tested positive for influenza, down again from the previous week. Of those, 80.4% were from Influenza A and 19.6% from Influenza B. Since the flu is now so widespread throughout the United States, the Regional review has been deleted from this summary but is available @ <http://www.cdc.gov/flu/weekly/>. Different Regions, and areas within those Regions, are reporting different dominant strains. An easy-to-use map of the different Regions' dominant strains can be found @ <http://gis.cdc.gov/grasp/fluview/fluportaldashboard.html>.

The percentage for outpatient visits ILI (influenza-like illness) was 4.6%, which is higher than the national baseline of 2.2%, which is still high. All ten Regions reported ILI levels above their Regional baseline levels but one state (Maine) reported minimal activity and nine reported low activity.

For easy to read and view maps and graphs & more detailed statistics, including influenza updates by Region and State, see:

- <http://www.cdc.gov/flu/weekly/>
- <http://gis.cdc.gov/grasp/fluview/fluportaldashboard.html>

To find more about influenza surveillance, methods and data collection sets, see <http://www.cdc.gov/flu/weekly/overview.htm>

For more reference, a list of links, found on the *CDC Fluvview* website, and with the following note included are:



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Google Flu Trends: Google Flu Trends uses aggregated Google search data in a model created in collaboration with CDC to estimate influenza activity in the United States. For more information and activity estimates from the U.S. and worldwide, see <http://www.google.org/flutrends/>

World Health Organization: Additional influenza surveillance information from participating WHO member nations is available through **FluNet** (http://www.who.int/influenza/gisrs_laboratory/flunet/en/index.html) and the Global Epidemiology Reports, http://www.who.int/influenza/surveillance_monitoring/en/

WHO Collaborating Centers for Influenza located in Australia, China, Japan, and the United Kingdom.

Europe: for the most recent influenza surveillance information from Europe, please see WHO/Europe at

<http://www.euroflu.org/index.php> and visit the European Centre for Disease Prevention and Control at http://ecdc.europa.eu/en/publications/surveillance_reports/influenza/Pages/weekly_influenza_surveillance_overview.aspx

Public Health Agency of Canada: The most up-to-date influenza information from Canada is available at <http://www.phac-aspc.gc.ca/fluwatch/>

Health Protection Agency (United Kingdom): The most up-to-date influenza information from the United Kingdom is available at <http://www.hpa.org.uk/Topics/InfectiousDiseases/InfectionsAZ/SeasonalInfluenza/>

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