



FirstWatch® Regional Influenza Update

According to the CDC, at the end of Week 52 (12/29/12) report of influenza activity in the United States was increasingly elevated, with influenza levels considered “widespread” in forty-one (41) states; “regional” in seven; Wash., D.C. with “local”; and one state reporting “sporadic”. Guam reported no flu activity and one state, Puerto Rico, and the US Virgin Islands did not report their activity levels. These numbers represent a huge increase in those numbers with widespread influenza activity, compared to those even a week or two before the final week of 2012. This trend seems to validate the predicted early and potentially severe influenza season suggested by the CDC, WHO other collaborating partners.

The percentage of positive influenza specimens also increased. Of the 9,363 specimens tested for influenza last week, a national average of 31.6% tested positive for influenza. All CDC Regions are now reporting positive influenza specimens in double digit percentages. The highest percentage (58.4%) was Region 5 (IL, IN, MI, MN, OP, WI); Region 1 (CT, ME, MA, NH, RI, VT) was next with 45.3% and Region 3 with 43.3% (DE, DC, MD, PA, VA, WV). The remaining Regions all reported in the 20s and 30s with Region 9 (AZ, CA, Guam, HI, NV) at the lowest with 22.9%.

Of the 2,961 specimens that tested positive for influenza; 72.2% for influenza A and 20.8% for influenza B. Those testing positive for influenza A include 51.5% which tested as H3, 47.4% with no subtyping done, and 1.1% as 2009 H1N1; these percentages remain similar to previous weeks.

There were no new H3N2 variant influenza cases reported during the week. There were two pediatric influenza-related deaths (Influenza B-related) although one death actually occurred during week 48; adult pneumonia and mortality is below the national baseline which, for week 52 was 7.1%.

Hospitalizations related to influenza, confirmed by lab tests, for the period from Oct through Dec of 2012 was running at 8.1 per 100,000 according to the CDC. Of those, 85.2% (1,924) were from Influenza A and 13.8% (312) from Influenza B. Nineteen did not have virus type noted. The groups indicated for greater risk from flu complications, both in adults and children are remaining consistent with past flu seasons.

Outpatient sampling for ILI (influenza-like illness) was 5.6%, which is higher than the national baseline of 2.2%. Nine out of ten Regions reported ILI levels above their Regional baseline levels, with only Region 9 reporting less.



For more detailed statistics, including influenza updates by Region and State see:

<http://www.cdc.gov/flu/weekly/>

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